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Week ending Friday, April 17 2015

# Sciatica?

## Is that what's causing your pain in the butt?



**Jon Handley-Collins,**  
Doctor of Chiropractic

Sciatica "Si-at-ika" is a group of symptoms involving pain in the buttock and back of the leg, only usually on one side of the body. In addition to pain there may be any combination of pins & needles, numbness, tingling and muscle weakness in the affected leg or foot.

The true meaning of Sciatica is often misunderstood. The term is merely a group of symptoms and not a diagnosis. This means that if you have been told you have Sciatica, you still have not been given a diagnosis, as the diagnosis is being told what is causing

your Sciatica symptoms. Having a correct diagnosis is important because the treatment options for the different causes are very different.

The main causes of Sciatica are:

**Spinal disc herniation:** Some people call this a "slipped disc" but what actually happens is the fluid like contents of your spinal disc causes the outer layers of the disc to bulge out. If this bulge is on to a spinal nerve in your lower back, it can cause Sciatica.

**Spinal Stenosis:** this is where the hole for your spinal nerve to exit from the spinal canal closes up and puts

pressure on the affected nerve, causing Sciatica.

**Piriformis Syndrome:** The piriformis is a muscle in your buttock. The Sciatic nerve passes very closely to this muscle and in rare cases passes through the muscle. When this muscle gets tight it can irritate the Sciatic nerve, which can cause Sciatica.

To find out whether Chiropractic can help, a Chiropractor will first conduct a case history and physical exam to narrow a patient's symptoms down to find out what's causing them. This includes neurological, orthopaedic and Chiropractic examinations. If deemed

necessary, an X-Ray of the affected area will also be taken.

Then there is a return visit to explain our findings, to tell you what has been found and what needs to be done to sort it out.

At the Optimum Spine Centre, (based at 1212 London Road, Leigh on Sea) we are conducting these initial consultations, including X-Rays (if required) and report of findings for just £15 (usually £90).

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# Smog gets in your eyes . . . and lungs

## EXCLUSIVE

By Charles Thomson

southend@yellowad.co.uk

A THICK smog descended on Essex last week, as the *Yellow Advertiser* revealed high death rates caused by pollution.

As newspapers featuring the front page exposé were put through residents' doors, photographer Martin Dalton captured the smog over Thurrock, named by the World Health Organisation last year as the most polluted place in England.

Defra issued a health warning about last week's smog, which a spokeswoman said contained "locally generated pollution and pollution from the continent, and a contribution from Saharan dust".

Pollutants were trapped closer to the ground than usual because of "high pressure and still weather conditions".

The *YA* reported last week that the number of Southend residents killed by air pollution every year could be even higher than previously thought, as new



## YA photographer captures alarming extent of air pollution

research connected toxic gases to stroke deaths.

Government body Public Health England already attributes 5.3 per cent of adult deaths in Southend to exposure to PM2.5 particles, caused by car emissions.

An average of 128 further deaths per year are caused by strokes, some of which may now be linked to air pollution.

Southend Council does not monitor for PM2.5s but

does monitor nitrogen dioxide (NO2). The two types of pollution are usually found together as they are both caused by cars.

Both are potentially deadly to humans.

NO2 levels at a monitoring station on Prince Avenue were more than 30 per cent higher than the EU legal limit last year.

Councils which breach EU limits can be forced to pay fines, meaning the taxpayers who suffer as a

result of the pollution are made to pay for the council's failure to protect them from it.

Another monitoring station on Victoria Avenue was higher than the legal limit, while a station on London Road hit the legal limit last year.

A monitoring station at Cuckoo Corner was more than 80 per cent higher than the legal limit in 2011, but experts stopped collecting data at the site after that

reading was recorded.

The British Heart Foundation, British Lung Foundation and Clean Air In London back the *YA*'s ongoing investigations and campaigns against illegal levels of air pollution across Essex.

● Have you been affected by air pollution? Has your doctor told you to move for the sake of your health? Call the *YA* on 01268 503493, or email basildon@yellowad.co.uk.

## Plea as two men face child prostitution rap

POLICE have launched a witness appeal over alleged child prostitution in Shoebury. They have called for victims, or anyone with information, to come forward.

They issued the plea after announcing two men had been charged with alleged offences including prostituting children, possessing indecent images and supplying drugs.

The charges were brought after an investigation into a Southend-based escort agency called girls4you.com, which had been running for 14 years.

Stephen Castle, 39, a computer programmer of Willowfield Square, Eastbourne, East Sussex, is charged with two counts of controlling child prostitution between June 1, 2013, and August 31, 2014.

He is also charged with possessing indecent images of teenage girls, distributing indecent images, supplying mephedrone and possessing mephedrone with intent to supply.

Steven Davis, 53, a car salesman of Hinguar Street, Shoeburyness, is charged with two counts of arranging or facilitating child prostitution between June 1, 2013, and August 31, 2014.

He is also charged with being concerned in the supply of mephedrone, possessing an indecent image of a teenage girl and controlling prostitution for gain.

Neither man has entered any pleas and both will appear at Basildon Magistrates' Court on May 14.

Police said 14 other people were "interviewed by police and cautioned for their involvement as drivers".

An Essex Police spokesman said: "Officers are working closely with external charities and experts in supporting people in dealing with the issues raised by child prostitution.

"Essex Police would urge anyone who has information or has been a victim of exploitation to contact the Series and Organised Crime Unit."

The unit can be reached by dialling 101 and quoting Operation Cobham.

Anyone with information can contact Crimestoppers anonymously on 0800 555111. Police urged anyone who required support, but did not wish to contact police, to contact the Samaritans on 08457 909090.

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We take all complaints about editorial content seriously and are committed to abiding by the Independent Press Standards Organisation ("IPSO") rules and regulations and the Editors' Code of Practice that IPSO enforces (the "Editors' Code").

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Twitter: @theyellowad

**COMPETITION**

# Enjoy the thrill of a day at the races

WE have teamed up with Discover Newmarket to give away two pairs of tickets to the Qipco Guineas Festival at Newmarket Racecourses and The National Stud.

The lucky winners will spend the afternoon on The Rowley Mile on Sunday, May 3, when the Qipco 1,000 Guineas, which is open to three-year-old fillies, is run.

What's more, you can also visit The National Stud at Newmarket for a tour on a date of your choose.

Discover Newmarket (www.discovernewmarket.co.uk) is the tourism initiative that attracts thousands of visitors to Newmarket – The Home of Horse Racing.

It is an exciting community project, set up to organise exclusive days out and tours, showcasing the globally recognised headquarters of thoroughbred breeding, horse racing and training, and promoting the area's history, culture and unique attractions.

Discover Newmarket offers a great



**VICTORY:** Kieren Fallon wins the Qipco 2,000 Guineas at Newmarket on 40-1 outsider Night of Thunder in 2014



**IMPRESSIVE:** The Millennium Grandstand at Newmarket

day out for all and can accommodate every budget and requirement.

At the National Horseracing Museum and the Jockey Club Rooms visitors can explore the town's history, culture and heritage, including links with royalty.

Tourists can see mares and their foals, visit the gallops and racehorse training yards, and enjoy the thrill of a day's racing at Newmarket Racecourses, the electrifying atmosphere at Tattersalls bloodstock auction house and the world-leading research and equine welfare work carried out at the Animal Health Trust.

To be in with a chance of winning tickets answer the following question.

**Q: At what age can fillies run the Qipco 1,000 Guineas?**

- A: Two
- B: Three
- C: Four

To enter the competition telephone your answer – A, B or C – to (0901 307 1672) along with your name, address, telephone number and email.

Alternatively text YARACE (space) followed by A, B or C, and your name, full address and email to 63333.

Calls cost 51p from a BT landline. Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, text EXIT at the end of your message.

Lines close on Thursday, April 23. Entries received after the closing date will not be counted but may still be charged.

Service Provider: JMedia UK Limited, SW4 7BX. Tel: 020 7720 7130.

## Chemists



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**Leigh:** Sun-Fri (8am-11pm) and Sat (8am-6pm), Derix Healthcare Pharmacy, (opposite side of Leigh Primary Care Centre), 1065 London Rd.

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**Sun: 0017 5.94 1249 6.13**  
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## NEWS

# Sawhney set for Village Green

NITIN Sawhney has been confirmed as the headline act at this year's Village Green.

The festival, to be held at Chalkwell Park, Westcliff, on Saturday July 11, is one of the major events of the year, attracting tens of thousands of music lovers.

Nitin will headline the festival at about 8pm on the main stage.

Sean McLoughlin, Village Green Event Director said, "With a line up that is all about celebrating talent and diversity Nitin really is the icing on the cake."

Other acts announced so far include The Selecter, Roland Gift (of Fine Young Cannibals), Holly Cook, Kimberley Anne, Snowboy and the Latin Section and Asylums

Nitin Sawhney is one of the most distinctive and versatile musical voices around today. Firmly established as a world-class producer, songwriter, DJ, multi-instrumentalist, orchestral composer and cultural pioneer, Sawhney has become a latter-day Renaissance man in the worlds of music, film, video games, dance and theatre.

Sawhney's output is highly prolific. He has scored for and

CLASS ACT:  
Nitin  
Sawhney



performed with many of the world's leading orchestras, and collaborated with and written for the likes of Paul McCartney, Sting, The London Symphony Orchestra, A.R. Rahman, Brian Eno, Sinéad O'Connor, Anoushka Shankar, Jeff Beck, Shakira, Will Young, Joss Stone, Taio Cruz, Ellie Goulding, Horace Andy, Cirque Du Soleil, Akram Khan, Deepa Mehta, Mira Nair, Nelson Mandela and John Hurt.

Sawhney has released 9 studio albums, each garnering critical acclaim. Indeed, Sawhney has received no less than 17 major national awards for his album work alone.

Nitin's forthcoming tenth studio album 'Dystopian Dream' will be released in 2015.

Tickets to Village Green

remain at the same level as last year at FREE for 10 years and under; £5 for 11-17 year olds and £10 for an adult ticket.

Tickets are available online 24hours through the new Village Green Festival website [www.villagegreenfestival.com](http://www.villagegreenfestival.com) or by telephone from the Skiddle Ticket Sales hotline on 0844 844 2920 (open Mon-Fri 9am-6pm; Sat 10am-5pm; Closed Sunday).

Metal has also set aside 500 FREE tickets for low income families and individuals in Southend. These can be secured with the council through their Southend Advantage Card scheme.

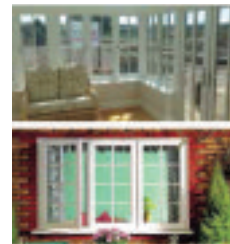
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# Who needs Cannes? Southend has it all...

THE SOUTHEND Film Festival launched in style when four models proved Cannes is no match for the warm waters of the River Thames.

In traditional French Riviera style, our own Essex showgirls took to Southend's sandy beach to promote the annual event.

Now in its seventh year, the festival will open at the Odeon with the gala night premiere of riveting fast-paced thriller, *Age of Kill*, starring Spandau Ballet's Martin Kemp as a former sniper whose daughter is kidnapped.

More than 40 films will be screened during this year's festival, which runs from May 21 to 25 at various venues in the town.

Festival director Paul Cotgrove said: "One of the key features of our festivals is that they showcase new British films, as a reminder that our indigenous film industry can produce some outstanding works."

"Many of the films will be introduced by the film-makers, and there are also a number of special presentations, with speakers introducing topics as diverse as Houdini, Southend on Film, Cinemas in films and 1980s British horror films."

He added: "I really do hope there is something for everyone, and the festival team and I look forward to wel-



SEASIDE GLAMOUR: Paul Cotgrove, Southend-on-Sea Film Festival director with models Kelly Prizeman, Dani Thompson, Devon Mayson and Ria Fend on the beach at Southend

Photo by Mark Cleveland

coming you to the Southend-on-Sea Film Festival."

As well as Brit flix, the festival includes world cinema, classics, docu-

mentaries and children's films.

The closing gala will showcase *Still*, a powerful drama about a man whose life is spiralling out of control.

For more information including ticket details, venues taking part and the schedule visit <http://www.southendfilmfestival.com>.

## ➤ speedread

● THE RSPCA is appealing for information after a dog was found starved and collapsed in an alleyway in Canvey Island.

The young male Staffordshire bull terrier cross, who has been named Wispa, was discovered in the alley between First Avenue and Edith Close on April 2.

He was wearing a lead and collar but was not microchipped and it is believed he was wandering loose and collapsed because he was so weak.

He was taken to a vet for emergency treatment and is making a slow recovery.

RSPCA inspector Caroline Richardson said: "I am amazed Wispa was still alive, he was so thin and in such an awful state."

"We think he was just abandoned somewhere and was walking and straying until he just collapsed."

"The staff at the vets where he is being kept called him Wispa after the chocolate because it was Easter, and because he has such a quiet and gentle nature, despite the horrible hand he has been dealt."

She added: "We would really like to hear from anyone who knows anything at all about how he came to be dumped so callously in such a horrible state."

Anyone with information should call 0300 123 8018.

What do you think? Write to Readers' Letters, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail [letters@yellowad.co.uk](mailto:letters@yellowad.co.uk)

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Monday, April 20 is the final chance for unregistered voters to sign up to have their say in next month's general and local elections. Councils are warning that failing to register will mean **NO VOTE** and the democratic equivalent of the . . .



REMEMBER TO REGISTER:  
Warning from Louisa Robinson and Amy Juson  
Photo by Mark Cleveland

# The exit factor

By Pat Higgins

southend@yellowad.co.uk

SOUTHEND Council has released a timetable to ensure residents who want to vote in next month's general and local elections will be able to do so.

Rob Tinlin, the local authority's CEO, said it is "vital" that with the May 7 polls approaching as many people as possible are registered to vote – "so they can have their say on issues that affect their lives."

The registration process is

quick and easy online and only takes a few minutes.

"The system changed last summer and if you are in any doubt as to whether you are registered, please call the team on 01702 215010," he added.

Anyone who is NOT on the voting register must join it by **Monday, April 20**, which they can do easily online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote).

Residents who want to vote by post, must apply by 5pm on **Tuesday, April 21**, which is also the deadline to amend

or cancel an existing postal or proxy vote.

New applications to nominate a proxy to vote on their behalf must be made by 5pm on **Tuesday, April 28**.

Emergency proxy vote applications in the event of medical emergencies or if a person is called away for employment related issues can be made until 5pm on the day of the election.

The same applies in neighbouring Castle Point and Rochford.

David Marchant, Castle Point's electoral registration

officer, said: "Residents must be registered to vote in the borough in order to take part in next month's elections. There have been some changes in the way we all vote since last year's elections.

"Everyone must now register individually to be able to take part in elections.

"However, there is still time to do this before the deadline of Monday, April 20. Polling cards are currently being delivered to all homes in the area," he added. "There are no changes to

polling stations this year, but please check your polling card to ensure you know where to vote on May 7."

For advice and assistance on all matters relating to your right to vote contact electoral services on 01268 882417 or 882402 or visit [www.aboutmyvote.co.uk](http://www.aboutmyvote.co.uk).

Rochford Council has invited its residents to sign up for its Election Alarm Clock, which will send out timely reminder emails throughout the run-up to polling day, to anyone who has joined the scheme.

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# Stroke patient's garden fundraiser for hospital

**GREEN-FINGERED** Michael Dedman intends to say it with flowers to thank Southend Hospital for the pioneering treatment he received in its stroke unit.

He said: "There was no time wasted with the treatment I got and people were looking after me 24 hours a day. I can only speak highly of the stroke unit because all staff from all levels had professionalism and commitment, which was brilliant."

He is opening the beautiful walled garden at his Grade II listed home in Shoeburyness to raise money for Southend University Hospital's acute stroke unit and the Stroke Association.

Michael, a flower expert and former estate agent, is inviting visitors to view the well-established garden with its new agapanthus and hydrangea beds, which in April is ablaze with tulips and fritillaries.

He has raised more than £25,000 for the National Garden Scheme (NGS) for various charities.

Michael puts his strokes down to a combination of factors.

"I think it was a bit of lifestyle and stress," he admitted. "When I went to the stroke ward I was treated with great professionalism right from day one."

Since retiring at the end of the 1990s Michael has remained busy in the community and is a school governor, gardener, chairman of a historic conservation group and now,

**FLOWER POWER:** Michael Dedman in his garden and inset, *Narcissus tazetta* var *chinensis* and *Tulipa Ad Rem*



due to suffering two strokes, ambassador for stroke awareness and treatment.

His recovery has been significant and he sees his passion for gardening as a major part of his recovery and rehabilitation.

"I love my garden and still do gardening work," he said.

"I think that's quite important because, as many people say, gardening is a good therapy and I think

that relates to stroke recovery as well."

The hospital's stroke unit offers a 24-hour "clot-busting" service and brain scans within 24 hours of a stroke. This procedure increases chances of recovery following an attack.

The unit has emergency and rehabilitation wards side-by-side, a purpose-built gym and a patient information centre.

The care team includes occupational therapists, physiotherapists, speech and language therapists, dietitians and support workers.

Michael's garden at South Shoebury Hall, Church Road, Shoeburyness, is open on Sunday, April 26, from 2pm to 5pm.

Entry is £3.50 and there is no charge for children.

Tea, coffee and cakes will be available with parking in Church Road.

## ➤ speedread

● **SCRUFFS** are in demand in Rayleigh.

The town council wants to see scarecrows of famous characters – all over the area – and has invited businesses, clubs, pubs, churches, schools and individuals to create figures as near life-sized as possible, for this year's Anglia in Bloom contest.

Entry forms and information are available from council offices by ringing 01268 741880 or emailing clerk@rayleightowncouncil.gov.uk.

● **NEVER** mind the weather, there is fun to be had at Adventure Island on Southend seafront – come rain or shine – as it has launched a £5million indoor version.

Adventure Inside features new rides and games on two floors including Pirate Plunge, Smiles per Galleon and traditional "galloper" Carousel and Bounce Spin.

There is a soft play area for young visitors, as well as a variety of video games – including a Star Wars experience for older boys and girls.

Food pit-stops are also well catered for.

● **STUDENTS** at Benfleet's Seevic College were set to quiz the area's parliamentary candidates today (Thursday).

General election candidates for Castle Point, Rebecca Harris (Conservative), Joe Cook, (Labour) and Dom Lewis (Green Party) have agreed to face questions about issues that matter to the students.

Other candidates may also join in. College principal Nick Spenceley will be chairman.



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## Tudor cuisine fit for a king



VISITORS to Southchurch Hall have been treated to a flavour of life in Tudor times.

They were met by staff in period costume who showed them around rooms in the historic manor house explaining what would have gone on inside.

A trip to the kitchens and a talk revealed how food was cooked and eaten in King Henry VIII's day and visitors were given a lesson in what the manners of the day were.

The hall has a wardrobe of hats, helmets and clothes for young visitors to try on to add some extra excitement to their time at the Gards Park Lane mansion.

KITCHEN: Hillary Buckland, left, Aimee Buckland and Selina Bright enjoy the culinary delights of the Tudor kitchen with Alyce Tyler at Southchurch Hall

Photo by Mark Cleveland

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# Win tickets to see The Elephant Man

AN enlightening true story of bravery and humanity hits the stage at the Queen's Theatre, Hornchurch, this week and we have five pairs of tickets to see the show.

*The Elephant Man* is a powerful, uplifting new production performed by members of the theatre's talented cut to the chase... company from Friday, April 17 to Saturday, May 9.

Bernard Pomerance's Tony Award-winning play follows the inspirational story of 19th century Londoner John Merrick – young, intelligent but famously known as The Elephant Man because of his terrible physical deformities.

Despite his intelligence and gentleness, Merrick's shocking appearance means he is shunned by the community and forced to scrape a living as a sideshow freak attraction until even this industry leaves him abandoned and helpless.

But one day, he is taken in by Dr Frederick Treves and admitted to the prestigious London Hospital, where his confidence blossoms and he is introduced to Victorian society.

As he slowly evolves from an object of pity to an urbane, witty favourite of the aristocracy and literati, does Merrick achieve his ultimate dream?

The Queen's inventive staging of *The Elephant Man* is directed by the theatre's acclaimed associate director Simon Jessop.

Underlining the play's interwoven themes of hope and sorrow, Mr Jessop's production atmospherically blends live theatre with film footage and features a haunting original soundtrack performed on stage by the cast.

Tickets cost from £12.50-£26.50, call the box office on 01708 443333 or book online at [queens-theatre.co.uk](http://queens-theatre.co.uk).

To win one of five pairs of tickets to see the show at 8pm on Tuesday, May 5, answer the following question.

**Q: John Merrick lived in London in which**



**COMPELLING:** Tom Cornish in *The Elephant Man* at the Queen's Theatre, Hornchurch

**century? A: 17th, B:18th or C:19th**

To enter the competition telephone your answer – A, B or C – to (0901 307 1673) with your name, address, telephone number and email. Alternatively text YAMAN (space) followed by A, B or C, and your name, full address and email to 63333.

Calls cost 51p from a BT landline. Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message. Lines close on Thursday, April 23.

Entries received after the closing date will not be counted but may still be charged.

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## NEWS

A-level course at museum to unlock past for students

# Time travellers

A NEW partnership will give budding archaeologists hands-on experience in the field of work.

Southend Museum has teamed up with Seevic College to help with the new A-level archaeology course.

During their studies students will visit the collections at the museum in Victoria Avenue, Southend, for advice in how to follow the expertise of uncovering the past.

Councillor Graham Longley, portfolio holder for enterprise, tourism and economic development, said there was a hope that regular contact with the museum would inspire students to consider volunteering in some museum projects.

Mr Longley added: "This really is an exciting development which will be a great mutual benefit for the museum and college."

"We look forward to welcoming the students into the museum and hope this joint approach

will give them thoroughly productive help with their course."

Students from the college in Runnymede Chase, Benfleet, will be able to choose objects for their final case study artefacts that have not been investigated fully.

This will offer the museum and students a new angle on items that have not been investigated fully before.

For more details about the course contact Seevic College by calling 01268 756111 or email [info@seevic-college.ac.uk](mailto:info@seevic-college.ac.uk).



TEAMWORK: Southend Museum and Seevic College link-up for a new A-level archaeology course

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# Duty 'above and beyond'

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Stanley, PC Philip  
Lord, Chief  
Constable Stephen  
Kavanagh, PC  
David Bridge, PC  
James Ruijs, PC  
James Marshall



HEROIC police officers received commendations during a ceremony at Chelmsford Police HQ.

Chief Constable Stephen Kavanagh presented awards to police officers who saved the lives of people – with bravery firmly to the fore. Mr Kavanagh said: "Our officers show extraordinary bravery and dedication in the line of

## Brave bobbies put public to the fore

duty every day.

"The ones here today have shown a commitment to the public that far exceeds what is expected of them when they put on this uniform each day.

"Leadership is not about what stripes you wear on your shoulder or cap, leadership is about what we carry inside us.

"Every recipient of these awards today has shown more leadership, courage and decency than most people of any rank could ever dream to do.

"The examples of bravery that we are fortunate to recognise

today demonstrate all that is good about Essex police – putting the well-being of the public at the very forefront of their actions.

"I am very proud and humbled to be able to present these commendations to these exceptional officers."

Nick Alston, police and crime commissioner for Essex, spoke after the event of his "great pleasure" in talking about these acts to the people of Essex.

He said: "When people ask me about the situation in Essex, I am able to tell them about these incredible stories and fantastic achievements."

## MERCY MISSIONS AND THE LOWDOWN ON LIFESAVERS

### River rescue

COMMENDATION and Royal Humane Society certificate to PC David Bridge who rescued a woman from the River Thames at Southend in June 2014.

He arrived at the seafront during the early hours to search for a missing woman was threatening to take her own life.

Having spotted her 100 metres offshore, PC Bridge waded into the water in the darkness, with no regard for his own safety.

Having reached her, the officer discovered that she had inflicted deep wounds to her forearm but he was able to stem the bleeding. Without this intervention it is very likely the woman would have died.

### Rooftop drama

PC James Marshall and PC James Ruijs saved an injured and vulnerable man from a rooftop in Harlow.

In August 2014, the officers responded to the report of a man, seen armed with a pair of scissors, on a roof in Harlow threatening to take his own life.

Having got on to the roof and seen that the man had inflicted serious wounds to his neck, the officers were able to restrain him and prevented him from causing any further injuries.

The officers provided first aid until paramedics arrived.

It is highly likely that without their intervention the man would have died.

### 'Heart attack' aid

PC Lionel Bishop, PC Philip Lord, PC David Stanley and Andy McPhee gave emergency first aid to a man having a suspected heart attack at Stansted Airport in June 2014.

Mr McPhee, a customer services manager at the airport, attended to an elderly man who had collapsed in the busy main terminal building.

He used a defibrillator and was joined shortly by PCs Bishop, Lord and Stanley from the airport who started CPR until paramedics arrived 15 minutes later.

The man was taken to hospital in a critical condition where he later recovered.

The early medical intervention undoubtedly saved him.

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IN the *Yellow Advertiser* edition of April 3, 2015 we published a letter on our Readers' Letters page claiming to be from Mrs B Skinner of Leigh-on-Sea.

We have been contacted by a Mrs Skinner who assures us that she did not write this letter, which was a complaint against Age Concern.

Age Concern tell us they only have one B Skinner of Leigh on their books so obviously this letter was either sent mischievously or is a case of mistaken identity.

Mrs Skinner has asked us to print this clarification and we are more than happy to do so.

## Affordable homes must be included

HARROW Estates plc is preparing a planning application for residential development of 55 homes on the former Bullwood Hall Prison site.

As part of the process of preparing an application, Harrow Estates held a public exhibition on the proposals on March 17 at The Parish Hall, which provided local people with the opportunity to view the initial master plan and speak to members of the development team.

On the whole I believe most of the people living locally to Bullwood Hall will be glad if this area becomes housing. I think on the proposed modifications to the High Road / Bullwood Hall Lane junction would eliminate most of the current poor access.

Attention should be paid, however, to the bushes on the south side of the junction that currently butt up to the edge of the roadway, as at the moment

they prevent a clear view to the south of the B1013.

I got the impression from the consultation day that although there is a proposal to build affordable homes as part of the development, this would be eliminated if possible.

There may have been a change in the Government's percentage requirements on this subject but a development of this size should not be approved that did not include a reasonable amount of affordable homes as part of the plan.

We may have a considerable number of large and expensive homes in Hockley, but I am sure most of the people living in them would like their families to be able to afford to remain in the area in future.

**Alan James Hockley**

## Nothing left to sell off

IT ill befits the Tories to intimate the Labour party is guilty of treachery in the matter of national security.

Thousands of our people sacrificed their lives success-

fully defending our country, its civilized way of life and its businesses.

It was left to the Thatcher government to privatise our nationally-owned industries many of which are now under foreign control so that we now have to pay the French for our water, the Germans for our power and the Dutch for rail transport.

There is nothing left for them to sell and in the absence of further progressive taxation that they abhor, the only answer will be to further our low wage economy to the level of the Third World.

**Les Harrington Benfleet**

## Register now or you will miss out

THE 2015 UK Parliamentary general election will be held on Thursday 7 May. On the same day, here in Southend-on-Sea people will also be voting for their local borough and parish town councillors.

If you're not registered to vote then quite simply you can't take part. This is why it is vital that readers know how they can exercise their right to vote and make sure that they don't miss out on having their say on polling day.

The deadline to register is on Monday April 20. So while there is still time, it is fast running out. The good news is that registering is now much simpler than ever before. You can fill in

an application online at: <http://www.gov.uk/register-to-vote> or <http://www.gov.uk/register-to-vote> in around five minutes and I would urge anyone who hasn't already to do this now.

If readers prefer to apply using a paper form then they still can download the form from the registration site or alternatively they can request one from the Southend electoral services team on 01702 215010 and send it back to us by April 20.

**Rob Tinlin  
Chief Executive  
Southend-on-Sea Borough Council**

## What is missing from this picture?

THE interview with Bishop Stephen in the *YA* (w/e April 10) reminds me of the game where you are not allowed to say the words 'yes' or 'no'.

He successfully avoids mentioning anything remotely to do with the core of Christianity, namely Jesus Christ who provided the basis for eternal salvation, which brings real hope and is the only reason for a

truly changed community. And that, just after Easter!

I hope the church in Braintree has more to offer to those 500 people who come to their activities. If he hadn't mentioned the word "church", I would not know what religion he actually belongs to. I hope he does!

**Michael Fenske  
Leigh-on-sea**

## Council fighting on wrong side

CASTLE Point has paid its contractors, Pinacle, to remove notices put up by residents that support the protection of green belt woodland at Downer Road North.

We do not pay rates so that council officers can use the money to attack their own residents whilst supporting land grabbing squatters that live in another county.

While two families fight over a piece of woodland, taking it in turns to damage each other's fences, the police look on and the council joins the fight, but on the wrong side.

It makes me feel sick knowing that we pay their wages

and they turn on us for no reason other than that which we can speculate.

When will council officers do their job and support the residents within their borough. I will not hold my breath... or my tongue!

**Keith Little  
Benfleet**

■ We welcome letters and e-mails on all subjects. Please keep them to fewer than 250 words and include your full name, address and daytime telephone number, wherever possible, for verification. Anonymous letters will not be accepted for publication. The editor reserves the right to edit letters. **ANY BLATANT ELECTIONEERING IN THE RUN UP TO THE GENERAL ELECTION WILL BE DISREGARDED** Write to: Letters To The Editor, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH or e-mail us at: [letters@yellowad.co.uk](mailto:letters@yellowad.co.uk)



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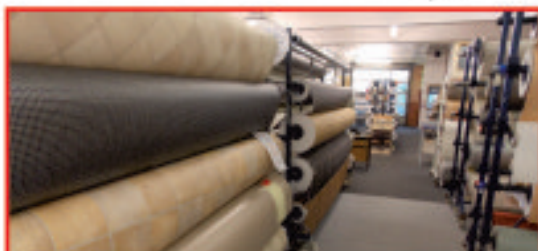


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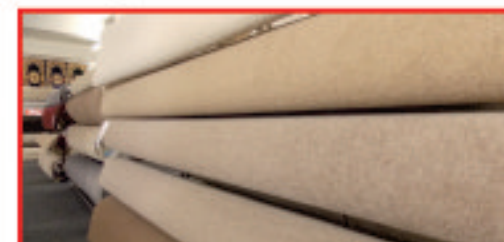
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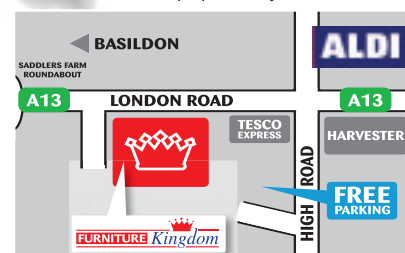
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By Pat Higgins

southend@yellowad.co.uk

A MAN has been jailed for his part in a slavery ring operating in Essex.

Gheorge Negreanu, 24, was arrested at a bungalow in Wycke Hill, Maldon for his involvement in trafficking women from Romania who were then forced into prostitution.

He had denied charges of intentionally facilitating travel of a person with a view to their sexual exploitation, managing a brothel at the bungalow that was used for prostitution and controlling prostitution for

# Jobless man caged for sex trade slavery in modern trafficking

gain. But he changed his pleas to guilty on the second day of his landmark trial at Chelmsford Crown Court.

Negreanu was sentenced to five-and-a-half years imprisonment for intentionally facilitat-

ing travel of a person with a view to their sexual exploitation, three years in jail for controlling prostitution for gain, to run concurrently, and three years in jail, to run concurrently, for managing a brothel.

It was the first case of human trafficking that Essex Police has taken to court.

Negreanu, who is unemployed, was arrested on October 7, 2014, when police were called to an address in Wycke Hill, Maldon.

This formed part of a multi-agency operation in October last year, targeting human trafficking and modern slavery in Essex.

Detective Inspector Lewis Basford said: "Modern slavery goes beyond just the trafficking of people.

"It is also about their exploitation and, as we have seen in this particular case, prostitution.

"These girls were trafficked into the UK from Romania with one clear objective and that was to make money



**CONTROLLING:** Jailed Gheorge Negreanu

through sexual exploitation.

"They were promised a better life in the UK with the offer of a legitimate job waiting for them.

"The girls were so vulnerable and frightened of the consequences that they felt they had no choice but to be compliant.

"Human trafficking is a hidden crime which often involves a life of suffering for the victims and huge profits for the traffickers.

"We would like to express

thanks to the victims who have shown great strength and courage by coming forward to give evidence in this case, despite experiencing extreme trauma.

"Equally, we would like to thank the Crown Prosecution Service and the interpreters involved in this case.

"We are very pleased with the result at court and remain committed to targeting those involved in such an abhorrent crime."

One of Negreanu's victims, a 21-year-old student, said: "I have been very affected emotionally over the whole incident.

"I feel as though I will be scarred for life.

"I have tried to get over what took place but I am still working on it.

"I have had great support from my family and I am sure that one day I will be able to forgive and forget.

"I felt relieved when I was asked to come back to the UK to attend court as I knew that justice would be done.

"I am very happy and relieved that he has pleaded guilty to all counts.

"I wished that he had done this before the trial though."

Fundraiser helping hospices' £100,000 weekly bill

## 'Join us on a walk for life'

By Pat Higgins

southend@yellowad.co.uk

MORE than 200 people are expected to set out on this year's spring walk between Little Havens and Fair Havens Hospices.

They will cover the route in memory of family or friends who have been cared for by the hospices.

"So many of the people taking part have someone in their life, a child, a family member or a close friend, who has died and was cared for by one of our two hospices," said hospices' events fundraiser Jane

Hopkins. "The Havens to Havens Walk is an opportunity to take time with family and friends to remember and celebrate their life, and to raise money to help us care for even more children and adults with life-limiting illnesses.

"It's a really special day out."

The picturesque walk, begins at Little Havens, taking walkers through Hadleigh Country Park and along the Leigh coastline to Fair Havens in Westcliff where there is a break for scones with jam and clotted cream before returning via Belfairs Woods to Little Havens – if walkers wish.

The hospices incorporate Fair Havens and Little Havens, which must raise more than £100,000 each week to provide respite breaks, manage pain and symptoms and care for children and adults with life-limiting illnesses at the end of their lives.

Entry to the Havens to Havens Walk, which starts at 11am on Sunday is £8 for adults, £4 for children (three to 12-year-olds) or £20 for a family ticket (two adults, two children).

Book your place at [www.havenshospices.org.uk/ev](http://www.havenshospices.org.uk/ev) events or sign up on the day. Registration opens at 9.30am.

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#### Leigh-on-sea £520,000

Keys available for viewing this impressive detached four double bedroom character house situated in a highly sought after location within 1.2 miles of Leigh Station and close to the golf course, park, local shops and schools. 4 double bedrooms, en suite shower, luxury family bathroom, three reception rooms, spacious fitted kitchen & utility, attractive gardens and detached garage. EPC= BAND E

# Town & Country

team



#### 4 Bedroom detached house, Eastwood £299,995

four bedroom detached house tucked away in a cul-de-sac location close to local shops and schools. 4th bedroom/ study with adjacent shower room, luxury fitted kitchen plus utility room, stunning open plan 28' x 17' lounge and dining room with feature high vaulted ceiling, 60' west facing garden with large detached summer house, parking for four cars, useful enclosed carport for storage. Ref etl5304 EPC= BAND E

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### Highlands, Leigh £345,000

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# Town & Country team



### 4 Bedroom family house, Leigh £379,995

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## Westcliff-on-Sea £75,000

Extremely well presented one bedroom retirement apartment located close to Westcliff seafront. Lounge 12' x 10', Kitchen. Bedroom with built-in wardrobes. Recently installed shower room. Security entry system. Many communal facilities. Communal car park for residents and visitors parking. 24 hour emergency call service. Lifts to all floors. EPC: C



## Milton Conservation Area £99,950

Situation in the sought after Milton Conservation Area is this one bedroom first floor flat offered for sale with its own front and off street parking. The property represents an ideal Buy to Let investment and is situated within walking distance of Southend Town Centre and Central railway station. EPC: E



## Southchurch Park £149,995

Two bedroom ground floor flat. Lounge 13' x 12'. Recently installed bathroom. Kitchen. Newly fitted gas fired boiler. Double glazed. Parking to the front. Section of west backing rear garden. Walking distance of all local amenities including mainline railway station and seafront. Ideal first purchase or buy to let investment. EPC: D



## Southend-on-Sea £210,000

Three bedroom mid-terrace house. Entrance hall. Lounge. Fitted kitchen/diner. Bathroom w.c. Large garden. Gas central heating via radiators (not tested). uPVC double glazed. Off-road parking space. Some internal decoration required. EPC: D



## Southchurch Park £225,000

Situated on a corner plot in the popular Southchurch area of Southend is this recently refurbished three bedroom semi-detached family home. The property is situated within walking distance of local shops, Southchurch Park and Southend East railway station and benefits from a parking space, detached garage and an enclosed south facing rear garden. EPC: E



## Marine Apartment, Westcliff Parade £285,000

Superb estuary views from this quality two bedroom 11th floor apartment. Completely refurbished throughout. Spacious entrance hallway. Lounge with bay window offering estuary views. Modern fitted kitchen and bathroom. Replacement double glazed units. Garage on block plus communal parking. Remaining lease in excess of 900 years. EPC: E



## Clifftown Conservation Area £295,000

Two bedroom upper ground floor flat located in the Clifftown Conservation Area. Lounge with estuary views. Kitchen 11'6" x 11'. Bathroom. Separate w.c. Gas fired central heating. Pine striped internal doors. Walking distance of Southend town centre and mainline railway station. No chain. EPC: D



## Southend-on-Sea £299,995

Overlooking Jones Memorial Park and with a south facing garden is this four bedroom, three reception room detached house benefiting from a large workshop to the rear which could be converted into an annexe with the right planning approval and easy access to all transport links, schools and town centre. EPC: F



## Westcliff-on-Sea £435,000

Five bedroom detached house set within one of the most attractive roads in Westcliff-on-Sea. Master bedroom with en-suite. Family bathroom with four piece bathroom suite. Ground floor breakfast room. Many original features retained. Double glazed throughout. Gas fired heating. Solid English oak flooring to majority of the ground floor. Two large reception rooms, plus kitchen/breakfast room. Off-street parking to the front. Approximately 72' south facing rear garden. Purpose built office/workshop 23' x 12'. EPC: E

## lettings



## YORK ROAD - £450 pcm

Top floor near STUDIO flat close to Southend Town Centre and mainline railway stations. Lounge / Bedroom. Modern fitted kitchen. Newly installed flooring. Central Heating. Shower room. Double glazed. AVAILABLE FROM MARCH. UNFURNISHED. NO PETS. EPC: E. Admin fee £150.00 per adult.



## EASTERN ESPLANADE - £360 pcm

Large TWO double bedroom first floor apartment with ESTUARY VIEWS and Security Entrance. Large Lounge with balcony. Fitted kitchen. Double glazed. Central Heating. Communal Garden. AVAILABLE NOW. UNFURNISHED. NO PETS. EPC: D. Admin fee £150 per adult.



## SOUTHCHURCH AVENUE - £725 pcm

Large NEWLY DECORATED TWO double bedroom first floor flat close to Southend Town Centre, Seafront and mainline railway stations benefiting from Lounge. Modern fitted kitchen. Central Heating. Double Glazed. Garden. AVAILABLE NOW. UNFURNISHED. NO PETS. EPC: D. Admin fee £180 per adult.



## WESTWARD HO - £800 pcm

Offering ESTUARY VIEWS, 1st floor TWO double bedroom apartment located opposite the Cliff Gardens and benefiting from Security Entry System. Large Lounge. Diner. Modern fitted kitchen. Shower Room. w.c. Bathroom. Double Glazed. Communal Garden. Parking. AVAILABLE NOW. UNFURNISHED. NO PETS. EPC: F. Admin fee £180 per adult.



## HAMLET COURT ROAD - £700 pcm

Large first floor flat close to Hamlet Court Road shops, Westcliff railway station and amenities. Lounge. Fitted kitchen with appliances. One double bedroom with wardrobes and single bathroom. Luxury Bathroom with Jacuzzi. Central Heating. Garden. Available early April. Unfurnished. No Pets. EPC: D. Admin fee £150.00 per adult.



## HILLCREST ROAD - £895 pcm

NEWLY REFURBISHED TWO double bedroom ground floor flat close to Southend Town Centre and mainline railway stations benefiting from a Lounge. Newly fitted kitchen. Central Heating. Rear Garden. Front Garden. AVAILABLE NOW. UNFURNISHED. NO PETS. EPC: E. Admin fee £150 per adult.



## KILWORTH AVENUE - £895 pcm

Ground floor flat close to Town Centre opposite mainline railway stations. Lounge. Fitted kitchen. Double. One single bedroom. Central Heating. Double Glazed. Private Garden. Available from September. Unfurnished. No Pets. EPC: D. Admin fee £150.00 per adult.



## SOUTHVIEW DRIVE - £750 pcm

TWO double bedroom first floor apartment close to Southend Hospital and London Road shops benefiting from Lounge. Modern fitted kitchen. Central Heating. Double Glazed. Private Garden. AVAILABLE NOW. UNFURNISHED. NO PETS. EPC: D. Admin fee £150 per adult.

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## CAMBRIDGE ROAD - £900 pcm

Purpose built ONE double bedroom first floor apartment close to the Cliff Gardens and benefiting from Security Entrance. Lounge. Modern fitted kitchen. Bedroom with wardrobe. Shower Room. Communal Garden. Parking space. AVAILABLE NOW. UNFURNISHED. NO PETS. EPC: D. Admin fee £150 per adult.



## ALEXANDRA STREET - £500 pcm

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 Office 3 9 x 8  
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**Leigh On Sea £325,000**

OPEN HOUSE SATURDAY 25th APRIL 2015 between 2PM and 4PM. STRICTLY by appointment only. Situated within a central location of Leigh, South of the London Road close to The Broadway is this four bedroom, three reception room terraced family house having the advantage of full gas central heating and double glazing. The property also has the advantage of a rear vehicular access and at the end of the garden has a hard standing area with potential for garage or car port. No onward chain

Central location of Leigh

Four bedrooms

Lounge

Full double glazing

Dining room

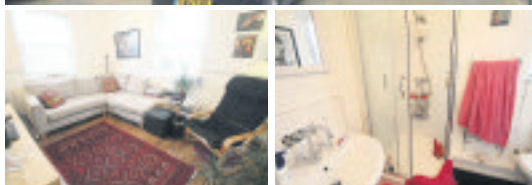
Gas central heating

Morning room

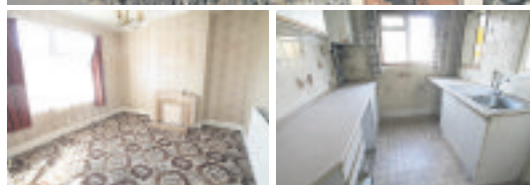
Potential for garage

Kitchen

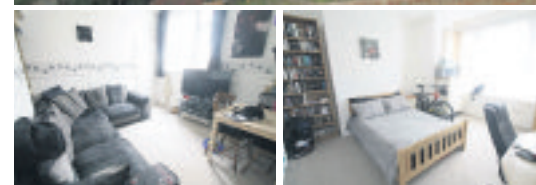
No onward chain

**Westcliff On Sea £110,000**

Being offered with a share of freehold is this well maintained first floor apartment situated in a convenient location within close proximity to Westcliff Station and Hamlet Court Road. The property offers a lounge with a double bedroom and there is a modern fitted kitchen and a shower room/wc. There are communal gardens and allocated off street parking and there is no onward chain.

**Southend On Sea £185,000**

Three bedroom semi detached house being situated within a central location and sought after location of Southchurch. The property has the benefit of a front balcony off the third bedroom as well as gas central heating and some double glazing. The remainder of the property requires general refurbishment which has been reflected in the asking price.

**Westcliff On Sea £165,000**

Being situated South of the London Road, convenient for Westcliff Station is this spacious ground floor apartment being well maintained throughout and offering a lounge with two double bedrooms and modern kitchen and bathroom. The property is gas central heated via radiators and is fully double glazed and further benefits include direct access to a west backing rear garden and the whole of the front garden with off street parking potential subject to planning.

**Southend On Sea £169,995**

We are favoured with instructions as Sole Agents to offer for sale this fully self contained purpose built first floor apartment being immaculately maintained throughout and offering spacious accommodation including two double bedrooms. The property benefits from a modern kitchen and bathroom, there is gas central heating via radiators and the property has been fully rewired. There is an attractive west backing rear garden approximately 80' in length and half the front garden with off street parking potential subject to relevant planning. 119 years remaining on lease.

**Southend On Sea £155,000**

Spacious first and second floor maisonette offering two double bedrooms, two good size reception rooms and off street parking. The property is fully double glazed and has gas central heating via radiators and includes a balcony / seating area from the main bedroom. Located within a short walk from Southchurch Road and Southend East railway station and offering early vacant possession. 163 year lease with peppercorn ground rent.

**Westcliff On Sea £419,995**

We are favoured with instructions to offer for sale this immaculate four bedroom, three reception room detached family house being situated within the sought after Chalkwell Hall Estate and offering garage and off street parking for three vehicles. The property is located within a private Mews setting and offers quality fixtures and fittings throughout.

**Southend On Sea £600 pcm**

Well maintained retirement apartment for aged 60 and over. The property benefits from a large lounge/diner, there is a kitchen with space for appliances, one double, one single and a shower room/wc. The property is fully double glazed and is situated within close proximity to Southend Town Centre.

**Rochford £55**

Garage to rent £165 per quarter. Oxford Road, Rochford. Call for further details.



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## WESTCLIFF ON SEA £650,000

### TREMENDOUS PROPERTY OOZING CHARM AND CHARACTER WITH POTENTIAL TO EXTEND

We take great pleasure in offering this substantial family home of which only an internal view will fully appreciate. The property has large reception hallway with original mosaic tiled flooring. Double aspect 32' Lounge. Separate 16' Dining room. Large open plan L shaped Kitchen/Diner with plans to extend to give an Orangery. To the 1st floor are 4/5 bedrooms with ability for En suite or dressing room. Feature Retro Victorian bathroom suite. Loft gives scope for further accommodation. Gabled roof garage. Large 60' x 50' South backing rear garden will enjoy the sun throughout the whole of the day. Chalkwell station is within 1 mile walking distance.



### WESTCLIFF £315,000

Set close to Hamlet Court Road is this 4 double bedroom end of terrace house. Large L shaped lounge diner, study/play room, large kitchen/breakfast room, off street parking to front and rear for up to 3 vehicles. No onward chain.

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SITUATIONS VACANT



### WESTCLIFF £209,995

Ideal first purchase or investment buy, 3 bedroom mid terrace house, double glazed, gas central heating, large 26' Lounge/diner, 30' south backing garden, offered with no onward chain.



### LEIGH ON SEA £190,000

Luxury 2 bedroom retirement apartment for the over 55's, distant views over the estuary, well appointed kitchen with numerous appliances, house manager service. Resident and visitor parking.

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LEIGH-ON-SEA  
WESTCLIFF-ON-SEA  
SOUTHEND-ON-SEA  
HADLEIGH

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### WESTCLIFF

### GUIDE PRICE £230,000-£240,000

No onward chain is offered with this 3 bedroom terraced house, recently fitted kitchen and shower/wc, double glazed, gas central heating and 45' garden. Close to the London Road.



### WESTCLIFF

### NEW PRICE THIS WEEK NOW £650 PCM

Newly decorated and new kitchen, also new carpets. Two double bedrooms with this first floor flat, gas central heating new bathroom. Working tenants only.



### SOUTHEND £1200 PCM

BE QUICK, Superb 4 bedroom terraced house to let, lovely 27' lounge, modern kitchen with oven and microwave, 2 bedrooms with wardrobes, off street parking for 2 vehicles, 66' garden, working tenants only, sorry no pets.



### SOUTHEND ON SEA £150,000

Well presented 2 bedroom first floor flat, double glazed, gas central heating, modern bathroom, close to Southchurch Road and transport links, own rear garden.



stuart  
thomas

## Open Home Saturday 18th April from 11am to 12. Midday Just turn up!!



### 40 Chapel Lane, Hadleigh, SS7 2PP Guide Price £375,000

In need of some updating and steeped in history is this Detached Victorian 3/4 bedroom family home in a sought after location close to Hadleigh Country Park. Large garden with garage/workshop.  
Huge conservatory. No onward chain.

294 Kiln Road, Hadleigh Thundersley SS7 1QT

01702 558110  
www.states.co.uk

# Ask the Agent

Alan Kirkman

**Q.** What is the key to having a good relationship with your agent?

**A.** Estate agency is essentially a people business – and as such, having a good relationship between client and agent is pretty crucial.

Nevertheless...starting off on the right foot can often be difficult. Take a not-uncommon example: a seller has found the 'perfect property' to buy, and wants to sell in a hurry. Unfortunately, their dream home is right at the top end of their budget – and so they need £X from the sale of their existing property, when a realistic selling price is actually £X minus £50,000. Still, the agent wants the property on their books, so they agree to take it on. Not a good start!

The point I'm making here is that there is a whole world of difference between wants and needs. Yes, there have been times when the property market was so crazy that people could move house every few months if they wanted to. But ultimately, that's not good for anyone.

Far better if people move house when they actually need to. That way, they put their existing property on the market at more or



*Alan Kirkman is a Director of both Tudor Estates in Southend and Essex TEAM part of a network of independently owned estate agents who share their instructions for the benefit of giving their client properties maximum market exposure. Alan has been an estate agent for over 32 years.*

less the right asking price, agree a sale – and then cut their buying cloth accordingly. With such sales, fall-throughs tend to be rare, because the seller is genuinely committed to moving house, rather than just being on the market "to see what happens." As a result, conversations between client and agent tend to be positive ones about how best to make the sale happen.

Of course, once a sale has been agreed, effective communication between agent and solicitor also comes into play. Good agents, for

example, don't waste the solicitor's time with spurious calls and insufficient information – but they do communicate! Over the years, one of my biggest bugbears has been the agent further along the sales chain telling me "not to worry, it's all going fine" – when in fact they don't have a clue what is going on, because they don't communicate meaningfully with any of the parties involved. All too often, sales can founder due to this kind of lack of transparency in chains.

So, all in all, the keys to having a good relationship with your agent (and vice versa) are trust and communication. Get that right from Day 1 and there's every likelihood of a successful (and relatively stress-free) outcome.

T.H. **Duncan**

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### LEIGH £379,000

4 Bed Delightful Semi Detached House. Must Be Viewed. Lounge. Dining Room. Kitchen/Diner. Cloakroom. Bath/w.c. Pleasant Rear Garden. Integral Garage. Adequate Parking For Further Vehicles. Own Drive. EER.B.



### LEIGH £279,000

Excellent Semi Detached House situated in quiet Cul-de-sac. Lounge. Kitchen/Diner. Cloakroom. 3 Beds (En-Suite to Master Bed) Bath/w.c. Garden. Garage. Recommended. EER. C.



### SOMERSET ESTATE WESTCLIFF £359,950

Delightful, Character Semi Detached House situated sought after location. 3 Bedrooms. Large Lounge. Dining Room. Fitted Kitchen. Sun Lounge. Large Garden. Garage. Many Attractive Features. Early Inspection Recommended. EER. D.



### HADLEIGH £350,000

New Build. Semi Detached House. Built To High Specification. Sought After Location. 3 Bedrooms. Lounge/Diner. Cloakroom. En-Suite. Large Garden. Catchment Area King John School. Available Early Occupation. Must Be Viewed. Sole Agents.



### EASTWOOD, LEIGH £225,000

Semi Detached House with south backing rear garden overlooking Sports Field. Spacious Through Lounge/Diner. Kitchen. 3 Bedrooms. Bath/w.c. Garage Space. Wide Shared Drive. EER. E.



### LEIGH £320,000

Character 3 Bedroom End Terraced House. Sought After Position. Through Lounge/Diner. Fitted Kitchen/Diner. Bathroom/w.c. Medium Sized Rear Garden. Early Inspection Recommended. EER. D.



### CLOSE CHALKWELL PARK £129,000

Excellent Ground Floor Retirement Apartment. Sought After Location. Lounge/Diner. Fitted Kitchen. Shower Room/w.c. Communal Gardens. Recommended. EER. C.



### SOMERSET ESTATE WESTCLIFF £300,000

Semi Detached Chalet Bungalow. 3 Bedrooms En-Suite to Master Bed. Thr Lounge/Diner. Sun Lounge Extension. Fitted Kitchen leading to Sun Lounge. Family Bathroom/w.c. Medium Sized Rear Garden. Detached Garage etc. EER. E.



### WESTCLIFF £130,000

Excellent First Floor Flat. Convenient for All Amenities. Lounge. Fitted Kitchen. Double Bedroom. Bath/w.c. Own Rear Garden. Recommended. EER. D.



# BB

# Sales

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NEW PRICE



**OPEN DAY SAT 18TH APRIL 2-4PM**

### HADLEIGH £358,000

- \* Four Bedroom Detached Family House
- \* King John School Catchment
- \* South Facing Rear Garden
- \* Conservatory & Ground Floor WC
- \* Two separate reception rooms
- \* Modern Kitchen & Utility Room
- \* En-suite to Master Bedroom
- \* Located close to Hadleigh town centre
- \* Integral Garage & Off road Parking
- \* EPC BAND D



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MARKET



SOLE AGENTS

### HADLEIGH £195,000

- \* Affordable family home
- \* Private development close to Hadleigh town centre
- \* Three bedrooms
- \* Large lounge/diner
- \* Three piece bathroom
- \* Fitted kitchen
- \* Garage in block adjacent to property
- \* UPVC double glazing
- \* Vacant possession



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**OPEN DAY SAT 25TH APRIL 10 - 12AM**

### HADLEIGH £325,000

- \* Sought after location within 1/2 mile of Nature Reserve
- \* Detached family house enjoying views over school fields
- \* Dual aspect lounge/diner
- \* Fitted kitchen
- \* Modern 2pce cloakroom
- \* Three bedrooms
- \* Bathroom & separate WC
- \* Secluded garden
- \* EPC BAND E



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### HADLEIGH £300,000

- Character Semi detached house
- Sought after location
- Lounge & Separate dining room
- Three bedrooms
- 2pce bathroom & separate WC
- Approx 60ft rear garden
- Parking & garage
- Offered with vacant possession
- In need of modernisation
- EPC BAND E

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### BASILDON £195,000

- Three Bedroom End Terraced House
- Good access to A127 & Basildon Town Centre
- Dual Aspect Lounge/ Diner
- Ideal Investment or First time purchase
- No Onward Chain
- 60 ft Rear Garden (un-measured)
- Kitchen/ Breakfast Room
- EPC Band E

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# Lettings

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### BASILDON £1000 pcm

- \* Beautiful Two Bed New Apartments
- \* Designer High Spec Kitchen
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- \* Fitted Wardrobe To Master
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- \* Secure Parking / Ideal Location
- \* Available Now
- \* Energy Efficiency Band B



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### HADLEIGH £1,1495 pcm

- \* Lovely Semi Detached House
- \* Four Bedrooms
- \* Newly Decorated
- \* New Carpets Throughout
- \* Lounge With French Doors
- \* Separate Dining Room
- \* Fitted Kitchen / Utility Room
- \* Down Stairs Cloakroom
- \* Garage & Off Street Parking
- \* Energy Efficiency Band E



NEW  
LISTING



### LEIGH-ON-SEA £1295 pcm

- \* Two Double Bedroom Apartment
- \* Wonderful Estuary Views
- \* Spacious Lounge with Dining Area
- \* Contemporary Kitchen
- \* Generously Sized Bathroom
- \* Gas Central Heating
- \* Own Rear Garden
- \* Off Street Parking
- \* Walking Distance to Station
- \* Energy Efficiency Band D



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**£284,950**

**OPEN HOUSE – HIGHLANDS ESTATE, LEIGH**

**OPEN HOUSE Saturday 18th April 11am till 12 noon.**

Delightful Semi-detached chalet style house situated on the Highlands estate. Offering two double bedrooms and two reception areas, kitchen, bathroom, neat gardens detached garage and parking and is offered with no onward chain. SOLE AGENT

**Call for a viewing**  
**01702 47 00 66**



**£299,995**

**LEIGH**

**2 Bed Bungalow**  
**On Highlands Estate**

Delightful two bedroom Semi-detached bungalow in this rarely available location. The property offers a 22'10 lounge with log burning stove, modern bathroom & w.c, kitchen with separate dining room. Gas central heating & part leadlight double glazing. Secluded rear garden some 90' in depth. Rare opportunity, must be viewed. No onward chain

**Call for a viewing**  
**01702 47 00 66**



**£330,000**

**HADLEIGH**

**3 Bedrooms**

**Large Garage/Workshop**

Large Semi-detached family house with open aspect across farmland & approx. 90' rear garden plus long 54' workshop/garage. Comprises three bedrooms, dining area opening to long 20'6 lounge, kitchen, utility with w.c., re-fitted bathroom & w.c. Part uPVC double glazed. Triple off street car parking. Potential for re-development\*. SOLE AGENT

**Call for a viewing**  
**01702 47 00 66**



**£355,000**

**LEIGH**

**3 Bedrooms**

**Third Floor**

Situated on the third floor of this highly sought after Art Deco building. This very large apartment offers excellent three bedroomed accommodation mainly with west facing windows with the additional advantages of two lifts serving all floors. The property is also convenient for Leigh Mainline station serving Fenchurch Street.

**Call for a viewing**  
**01702 480 055**



**£385,000**

**LEIGH**

**2 Bedrooms**

**Chalet Bungalow**

A substantial detached chalet bungalow standing on a larger than average plot. Large lounge, very well fitted modern kitchen, ground floor bathroom, dining room (or bedroom three), further ground floor bedroom and large first floor double bedroom. Well maintained and tended rear gardens, gas central heating and double glazing. Viewing recommended.

**Call for a viewing**  
**01702 480 055**



**£235,000**

**LEIGH**

**2 Bedrooms**

**Detached Bungalow**

Situated just north of the A13 this modern detached bungalow offers compact living accommodation including a lounge with separate dining room (or bedroom two) well fitted kitchen bathroom and main double bedroom. The property also benefits from gas central heating double glazed windows and attached garage to side.

**Call for a viewing**  
**01702 480 055**



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**£245,000****SOUTHEND**

Beautifully presented two bedroom second floor apartment with its own private rear garden. Benefits to this delightful include fitted kitchen with high spec appliances, en suite to master bedroom, spacious bathroom and the added benefit of no chain. Early viewings are highly recommended.

Call for a viewing **01702 34 11 77**

**£200,000****SOUTHEND**

Being situated in a much sought after location is this two double bedroom first floor maisonette. Benefits include: fitted kitchen, en suite to master bedroom, two separate reception rooms, garage and the added benefit of being offered chain free. Early viewings highly recommended.

Call for a viewing **01702 34 11 77**

**£299,995****SOUTHEND**

\*\*\*OPEN DAY SATURDAY 18th APRIL 11am-12pm\*\*\*  
A unique opportunity to purchase this stunning and delightful detached bungalow. The property internally offers great living accommodation and externally there is a wonderful south west facing landscaped rear garden and a detached garage.

Call for a viewing **01702 34 11 77**

**£132,500****WESTCLIFF**

Hair & Son are delighted to be offering For Sale this extremely well presented ground floor flat situated within easy access of London Road with its array of shopping facilities, great for transport links and a short walking distance to Southend University Hospital.

Call for a viewing **01702 34 11 77**

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**£400,000****THORPE BAY**

Large and very well presented three bedroom detached bungalow situated in this sought after location just over one mile walk from Thorpe Bay railway station and the seafront, and benefiting from uPVC double glazing and gas fired central heating.

Call for a viewing **01702 58 22 55**

**£1,500,000****THORPE BAY**

An outstanding seafront home, beautifully presented throughout with stunning sea views and situated in this prime location on Thorpe Bay foreshore a few yards from Thorpe Bay Tennis Club, the bowls club and yacht club.

Call for a viewing **01702 58 22 55**

**£450,000****THORPE BAY**

This attractive three bedroom detached Goldworthy bungalow is situated in a favoured location. The property itself has many fine original Goldworthy features throughout and we advise an early internal inspection to avoid disappointment.

Call for a viewing **01702 58 22 55**

**£575,000****THORPE BAY**

Large detached house with 4 bedrooms in this prime and much sought after location a few yards from Thorpe Bay gardens and the seafront. The house offers great potential for extension and development, stands on a large mature plot and is available for early occupation.

Call for a viewing **01702 58 22 55**



Ask us,  
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## Landlord Question

I used to be a Landlord many years ago and used to keep the tenants deposit do I really have to register my deposit nowadays?

## Think Property Answer

Government approved deposit protection schemes have been around since 2007 but despite this some landlords still believe it's adequate to bank their tenants' deposits and not bother with one of the three official schemes.

But the Housing Act 2004, which introduced the tenant deposit legislation, is clear about the penalties should a landlord fail to comply with the regulations.

These rules state that a landlord letting out a property using an Assured Shorthold Tenancy must put the money into (or insure the deposit via) one of the three accredited schemes within 30 days of receiving the cash from the tenant.

Of course there is no tenant deposit police keeping an eye on this system but, instead, matters will unravel if a tenant suspects his or her landlord hasn't lodged their deposit with a scheme. Tenants can easily find this out online via each of the three deposit schemes' websites and if their landlord still won't put the money into a scheme, they are entitled to go to court.

At this point most landlords then quickly go on the straight and narrow and 'get official' but for those who don't an automatic fine totalling three times the original deposit awaits.

Many landlords who don't use the deposit schemes believe it will 'never happen to them' but the official figures on deposits reveal how common deposit disputes are. These most recent research reveals that approximately 30 percent of all deposits are contested in some shape or form and consequently only returned in part or not at all.



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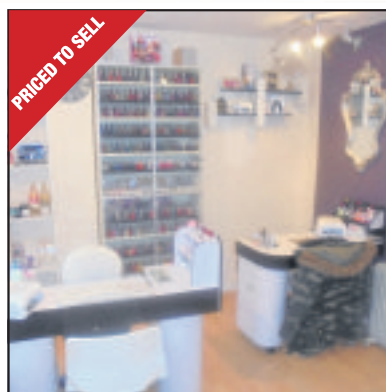
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# How have friends been able to buy so many homes?

**A**TTENDING a party at a friend's house I was again reminded of how many of them own second and third properties which they let out.

We all know people with investment properties and at times it seems everybody has at least one, whether they are high-flying executives or more humbly employed.

It's the talk of the town and my friends relish using their new buzzwords commenting confidently on "yields" and "capital growth" while discussing their next acquisition.

So, what has happened that allows non-property people to own more than one home? Bearing in mind we live in a society where owning one home would be a severe financial challenge.

The almost non-existent breed of first-time buyers can barely qualify financially to buy any type of home at all while their parents and grandparents are running around buying small portfolios.

The answer may lie in the age old art of "getting one's timing right".

The young house hunters today face a market where even starter homes are generally six times their annual salaries, whereas in the 1970s and 80s it was normal to buy a place only two times your earnings.

The 70s and 80s allowed people to buy a home and realistically still afford to live.

There were very few rental properties to be had and society looked snobbishly downwards at people who did rent.

You bought and owned your own home, end of story.

Cue the boom and bust years of the 1980s and suddenly people were making thousands per month on the value of their home, re-mortgaging and buying boats and cars and enjoying fabulous holidays.

The wine industry said thank you very much and Rolex and Porsche couldn't believe their luck.

The bust would always follow a boom and people lost their homes to repossession by banks who were lending anybody almost any amount of mortgage money irrespective of their earnings.

Self-certificated mortgages at the time allowed for buyers to tell the bank how much they earned with little proof of income and the banks would lend.

Stratospherically poor lending by the banks left them eventually hoisted by their own petards as the market collapsed and they ended up owning hundreds of thousands of overpriced homes.

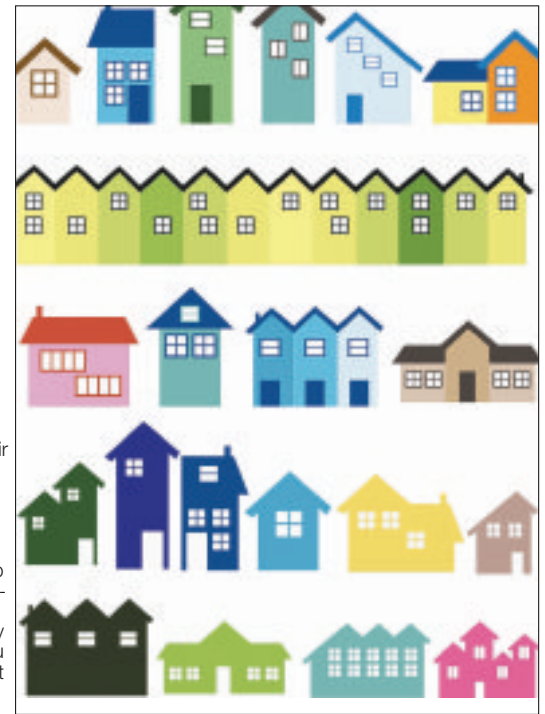
The banks dumped these on the market at 30 per cent of their loans or less and the early buy-to-let clan snapped them up.

The market returned and those that held on regained their vast pots of equity and then Maggie Thatcher came up with a new type of rental agreement.

An assured shorthold tenancy meant that for the first time you could buy a property, rent it out and regain vacant possession with two months' notice. This was ground-breaking as most tenancies were previously for life.

But what about levels of rent that had notoriously been low since the 1920s? The government announced it would set a level of "housing benefit rent" it would be prepared to pay to people who otherwise would need a council house.

This announcement was expected to continue the low rent levels we had become accustomed to but, hey presto, it trebled the level of rent overnight. So now the boats and cars were dropped in favour of buying flats to rent out.



The rent paid the mortgage and left a profit every month which was music to the ears of the 50s and 60s-born generations who, armed with their equity, rushed out to buy properties to let. The clamour pushed the prices up and another boom occurred reducing the return on the investment.

So what next? Buying-to-let is still a sensible investment but must be considered as a 15 to 20-year plan.

Young adults now stay at home with their parents into their early thirties so a second home just might be a method of moving them on.

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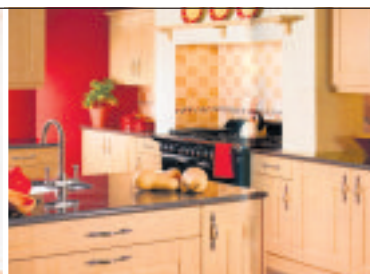
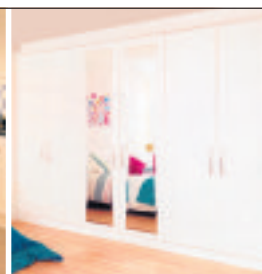
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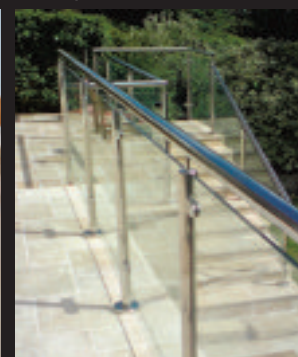
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## EXPLOSIVE DANCE

By LIZ WADE

**A**T the age of 22, Jay Markwick, is believed to be the youngest person ever to have choreographed, styled, produced, directed and starred in a performance that will make London's West End on its first UK tour.

The former Essex resident, who moved to Spain with his family when he was eight, set himself a goal at the age of 14 to have his own dance company within 10 years and tour Asia.

It took the hot-footed star just six years to achieve his goal with Compania de Flamenco JM being launched in 2012 and his first production, Explosión, hitting the stage that December before embarking on a tour across Spain.

So, where did it all begin? In Thurrock, when he was initially more interested in football than dancing.

Jay, who was born at Orsett Hospital, grew up in Stanford-le-Hope and went to Arthur Bugler School in the town. He said: "I used to play football with Corringham Cosmos. My sister used to do dancing in the same sports arena and when I finished I watched the rest of my sister's class.

"When we got home my sister would practise ballroom and Latin and I started correcting them. The teachers got me up one day and I was doing waltzes around the room."

When Jay moved to Spain with his mum, dad and sister he was faced with not only a language barrier, but also a lack of ballroom, which marked another change in his future.

"First it was different," adds Jay. "I went to a public Spanish school and didn't understand a word they were saying, but I did pick it up. When I came to Spain there wasn't any ballroom so I started doing boys' flamenco classes."

At the age of 17, Jay became a professional dancer with the Ballet de Murcia – the first time a British dancer has done so – and he was only 18 when he undertook an international tour of Jordan and a month-long tour in China.



**INTENSE:** Jay Markwick and a dancer in Blue and Black Lace from the black mask scene

By the time he was 19 he was ready to show the world his confidence and bravery, so he left the Ballet de Murcia, knowing that no one is ever permitted to return once they leave. However, following the conception of his own dance company, Jay's outstanding talent resulted in an invitation, the first in history, to return.

Jay is back in the UK with the first leg of his Explosión tour, which is at Basildon's Towngate Theatre on Monday, April 20.

● Turn to page 38

**PASSION:** Jay's dance company fuses flamenco, Latin, ballroom hip-hop and street in Explosión



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## Cinema



Gary Oldman as General Timur Nesterov and Tom Hardy as Leo Demidov

PA Photo/Larry Horricks/Entertainment One

### CHILD 44 (15, 137 mins)

**A**DAPTED from the first novel of Tom Rob Smith's award-winning trilogy, *Child 44* is a dense crime thriller steeped in the suspicion and paranoia of the Stalin-era Soviet Union.

Screenwriter Richard Price faces an uphill battle – one he doesn't always win – to condense more than 400 pages of political intrigue and sinewy subplots into a free-flowing narrative that won't distract audiences from their popcorn.

He succeeds in fits and spurts, aided by Swedish director Daniel Espinosa, who energised the Denzel Washington and Ryan Reynolds thriller *Safe House*, and performs some of the same magic here in propulsive action sequences.

Espinosa flexes his muscles in compelling early scenes, recreating a key moment in the Battle of Berlin in 1945, when Soviets raised their flag over the Reichstag building.

War-hardened soldier Leo Demidov (Tom Hardy) is the man wielding the standard, cheered on by best friend Alexei Andreyev (Fares)

Fares), while cowardly comrade Vasilii Nikitin (Joel Kinnaman) watches enviously from the sidelines.

Fast-forward eight years and these three men are working side by side as Moscow's secret police under the aegis of Major Kuzmin (Vincent Cassel).

Alexei's young son dies on the train tracks in suspicious circumstances and the grieving father becomes convinced that a murderer is on the loose.

When Leo investigates, Kuzmin shoots him down: "Stalin tells us murder is strictly a capitalist disease."

Soon after, Leo's wife Raisa (Noomi Rapace) is branded a traitor but the policeman refuses to disown her.

"You should have given me up – that's what wives are for," she coldly informs him, before they are banished to the bleak industrial town of Vovalsk.

Leo is determined to unmask the boy's murderer and joins forces with local law-maker General Nesterov (Gary Oldman) to disprove Stalin's assertion that there can be no murder in paradise.

Meanwhile, the unlikely cul-

prit, a factory worker called Vladimir (Paddy Considine), hunts more unsuspecting victims with impunity.

Based on the real life case of Andrei Chikatilo, the so-called Butcher of Rostov, who was sentenced to death for 52 murders, *Child 44* is a slow burn that gets bogged down in exposition.

Some of the cast are more comfortable than others with the thick Russian accents, including a couple of noticeable wobbles.

Hardy is a typically brooding and emotionally conflicted central figure, who is forced to address his own transgressions when murderer Vladimir scolds: "Hero, monster – we are both killers, you and I."

The bitter rivalry with Kinnaman's backstabbing compatriot is sketched in broad strokes, while Rapace's love interest feels slightly undernourished too, although she relishes one pivotal scene in which Raisa laments the lack of free will afforded her sex.

Espinosa sustains tension, despite occasional dramatic detours that prolong the running time.

**Released: April 17**  
**RATING: 6/10**

## Stage

### 'It's something completely different'

#### • From page 37

Explosion not all about Flamenco. While the show includes Spanish footwork, the dance sequences are influenced by ballet and feature Latin, classic and contemporary dance.

The production is a unique fusion of these dance styles, exploding with an intense colour and vibrancy that tells a love story through a sensual, fun and exciting combination of passion, strength and speed. "It incorporates Latin and ballroom but also hip-hop and street. It does have something for everyone," says Jay who adds the production is constantly worked on.

He admits it takes "kind of forever" to create such a show, adding: "We constantly change it. New costumes, new style, it's something completely different from anything else."

There will also be something different when the show arrives at The Lyric theatre in London's West End later this month when Royal Marine Commando Cassidy Little, who won BBC's *Strictly Come Dancing* for Comic Relief in March, will take to the stage.

After hearing about Jay's compassionate gesture to be associated with Tickets for

Troops, the organisation that provides free tickets to members of the Armed Forces for cultural events, Royal Marine Little decided that winning *Strictly* would not mark the end of his bid to get back on stage.

He lost his lower right leg in 2011 when he was caught in an IED blast on foot patrol in the Nad 'Ali district of Afghanistan's Helmand province, and will have only a few hours to learn the dance and his part in the story.

Much of the Spanish footwork is complicated enough but for the Royal Marine, one might question just how complicated it can get, when dancing with only one leg?

Jay has no such concern, saying: "I saw a YouTube clip of his pasodoble and just thought he was amazing, especially to have learnt the dance so quickly."

"I am excited. Cassidy's strength and character will play this part perfectly."

For tickets to see *Explosion* at Basilidon's Towngate Theatre call the box office on 01268 465465 or visit [www.towngatetheatre.co.uk](http://www.towngatetheatre.co.uk).

For more about the tour and the appearance at The Lyric theatre with Cassidy Little visit <http://www.companiadefflamencojm.com/en/home-2>.



# Liz at Large

YA features reporter Liz Wade goes out and about with her boys



## Lazy, crazy golf of 19-hole King Cole

**T**EE off for a whole lot of fun at Rascal Bay Adventure Golf course in Brentwood and see why visitors have been flocking there since it opened last summer.

King George's Playing Fields had previously been home to a crazy golf course for many years but its dilapidated state was in urgent need of attention.

Last year the venue was dug up and replaced with an adventure golf course, much to the delight of visitors.

Rascal Bay, the brainchild of professional golfer Steve Cole who has run the golf shop at King George's for two decades, is a breath of fresh air for the park thanks to its bright colours, 19 challenging holes and fantastic theme.

The £500,000 course, which was designed in Sweden, encounters pirates, cannons, a huge cauldron, a crashed jeep, rocks and a volcano.

Watch out for the octopus, snakes, dinosaurs, parrots, monkeys and crocodiles, as well as the sleeping pirate in his hammock,

and climb aboard the course's two rafts and pull yourself from one hole to another.

Blast your ball through the cannon, hit it into the treasure chest, aim for the flow of water and hope for a hole in one, putt your ball over the skull, and hurry past the hatching dinosaur eggs.

All of the holes have a challenging or easier route, so if you have younger ones with you they can play along too, and if you are not sure which route to take then check out the board at the start of each that show you which way to play them.

Don't worry if you lose a ball in one of the courses water features as there are plenty of metal scoops dotted around which will help you retrieve it.

When you make it to the Rascal Bay's final hole, number 19, try your luck at winning a free game next time you visit.

The course was a barrel of laughs throughout and kept all of us, including teenagers and their grandad, thoroughly amused. I would definitely recommend it as a



great way to spend an hour with family or friends, and as the park offers so much more you can really enjoy a whole day out.

King George's Playing Fields, which were established back in 1951 as one of 471 fields across the British Isles set up in memory of King George V, were created to

offer a place for outdoor games, sports and pastimes for local residents.

The park has continuously done so ever since and today the park is home to formal gardens, a children's play area, paddling pools that are open throughout the school summer holidays both dur-

ing the week and weekend (weather permitting), a unique garden for the blind with many flowing and non-flowering plants which appeal to senses other than sight, as well as playing fields, a skate park, cafe and woodland walks.

● For further information about Rascal Bay, situated in King George's Playing Fields, off Ingrave Road, Brentwood, call 01277 203827 or visit [www.rascalbay.com](http://www.rascalbay.com)

**You can read previous days out Liz and her boys have enjoyed by visiting [www.yellowad.co.uk](http://www.yellowad.co.uk) and clicking on blogs**

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**To have your event considered for publication, send the details AT LEAST 10 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: [letters@yellowad.co.uk](mailto:letters@yellowad.co.uk) PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at [www.yellowad.co.uk](http://www.yellowad.co.uk)**

#### Saturday, April 18

- Spring Concert - The Orpheus Singers, Shoeburyness & Thorpe Bay Baptist Church, Thorpedene Gardens SS3 9JD, 7.30pm, Tickets £9 - £8 concessions. To reserve tickets contact 01702 467052 or [www.theorpheussingers.co.uk](http://www.theorpheussingers.co.uk)
- The South East Essex Ramblers - visit <http://sites.google.com/site/southeastessramblers> to find out when we are walking this week.
- Counselling service - The Olive Tree Centre, open to all, 9am-9pm, call anytime and we will get back to you, 01702 524346, [enquiries@olivetreecentre.org.uk](mailto:enquiries@olivetreecentre.org.uk).
- Yugioh Club - play and trade yugioh, 120 Southend Road, St Catherine's Church Hall, Wickford, SS11 6EB, mini tournaments, 1.30-4.20pm. 07985 671289.
- Dads and Kids Club - The Megacentre, Rayleigh, 10.30am-1.30pm, free entry for ages five to 17 with their fathers and father figures. 01268 779100.
- Saturday Morning Club - St Michael's Church Hall, Leigh Road, 10am-noon, admission free, Inter-Church Caring for the Elderly and Disabled. 01702 437863.
- Brush Strokes Art Group - Highlands Methodist Church, Leigh, 9.15am-12.15pm, new members welcome. 01277 627043.
- Different Strokes Exercise Class - St Peter's Church Hall, Eastbourne Grove, Southend, for those who have had a stroke, 2.30pm. 01702 612509.
- Jazz workshop - Southend Jazz Co-op, Hadleigh old Fire Station, Hadleigh 10am-1pm, £5 per session (concessions available).
- Flamingo Fairs vintage & more fair - The Churchill Room, Wanstead Library, corner of Woodbine Place and Spratt Hall Road 11am - 4pm, free entry.

#### Sunday, April 19

- Ron Spack's Dinner Jazz - Westcliff Hotel, 1pm, 01702 345247.

- Running Club - Waterside Sports Centre, Somnes Avenue, Canvey Island, SS8 9RA. 10.30am-4pm, all welcome, weather permitting. 07950 659596.
- Hockley & District Horticultural Society trading hut - 10am to noon, for all your gardening sundries, membership £3, behind Hawkwell Village Hall, Main Road, Hawkwell.
- Sunday School - The Ark, Hadleigh Methodist Church, Chapel Lane, SS7 2PQ, 11am-noon, ages three to 10. 07585 601815 or 07967 913344.
- Quaker Meeting for silent worship and meditation - Quaker Meeting House, Donaldson Drive, Leigh, 10.30-11.30am, followed by conversation over tea and biscuits, all welcome.
- King's Church Southend - Blenheim School, off Blenheim Chase, Leigh, 10.30am-noon, 01702 523639.
- Greek Community of Southend & District, Church of St Barbara, St Phanourios and St Paul's - Salisbury Avenue, Westcliff, 10am to noon. 01702 466435.
- Sunday Club - TGH Evangelical Church, Kiln Road, Thundersley, (children aged three to 12), Bible stories, craft, singing, 10.45-11.45am, no charge, details 01702 554904.
- Mojo Friendship Club - Travellers' Joy, Downhall Road, Rayleigh, 11.30am, details Mo 07757 658799.

#### Monday, April 20

- Echos from Above - spiritual centre, Ekco Sports and Social Club, Thornford Gardens, SS2 6PU. 7.15pm. £3.50, all profits to charity, wards at Southend Hospital.
- Sunshine Coffee Morning - for parents in Craylands and Felmores area. Briscoe Community Centre, 9-11am, free informative workshop, coffee, cake and creche. Call Dawn 07880 035968, or turn up.
- Dance class - usually six-week course, ballroom, Latin American, Ashingdon and East Hawkwell Memorial Hall. Info: 01702 546219/542349.
- Leigh Scrabble Club - 7-10pm. All standards welcome. Welsley Hall, Leigh Broadway, Leigh-on-Sea. Just turn up or call Peter on 01268 727915.
- George Hurd Centre, Basildon, for the over-50s, Craft: 10am-noon, tai chi: whist 9.45-12.30, 10am to noon, art: 12.30-2.30pm, choir: 2.30-4pm, indoor bowls: 2-4pm. £2, 01268 465854.
- Senior Citizens Club - Benfleet's No 1 Club, Richmond Hall, Benfleet, 1.30-3.30pm, entertainment, all welcome.
- Counselling Service - The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346,

- [enquiries@olivetreecentre.org.uk](mailto:enquiries@olivetreecentre.org.uk).
- Over-50s Keep-fit Classes - Fryerns Community Centre, details Pat 01268 770294.
- Over-50s session - Megacentre Rayleigh, 7 Brook Road, Badminton and table tennis 2-4pm. £3.50 inc refreshments and equipment. 01268 773100.
- Activity Session for adults with special needs - 10am to noon. The Megacentre, Rayleigh, 7 Brook Road, Rayleigh, £1 per session, no charge for carers.
- Duplicate Bridge - Balmoral Bridge Club, Highlands Methodist Church, Olive Avenue, Leigh (opp Thames Drive), 1.15pm-4.30pm, call Vernon 01702 343611 or Tony 01702 520993.
- Duplicate Bridge - Thorpe Bay Bridge Club, 62 Southchurch Boulevard, Southend, non-members of all standards welcome, 2-4.45pm (no partner needed), 7.30-10.30pm, call Danny 07843 771774.
- Weekly Craft Workshop - St Peter's Church Hall, Thundersley, Benfleet, 6-8pm, details Michelle 07730 582784.
- Basildon Players Amateur Dramatic Group - 8-10pm, James Hornsby High School, Leinster Road, Laindon, details Jeff Levy 07913 426371 or email [join@basildonplayers.co.uk](mailto:join@basildonplayers.co.uk).
- Zumba - Pitsea Day Centre Over-50s Northlands Pavement, Pitsea, 9.15-10am. 01268 465432.
- Beginners Computer Course - Pitsea Day Centre Over-50s, Northlands Pavement, Pitsea, 11am-1pm. 01268 465432.
- Club 60 - Southend, 9.30-4pm, tea bar, non-members welcome, £2 day pass, details 01702 613562.
- Short Mat Bowls Club in Hadleigh - welcomes new members, Canvey Short Mat Bowls Club, call Kevin 01268 792433.
- Short Mat Bowls - in Thundersley, beginners welcome, details 01268 779174.
- Indoor Short Mat Bowls - Prittlewell Bowls Club, Priory Park, Southend, details Ray 01268 777666.
- Indoor Bowls - George Hurd Centre, Audley Way, Basildon, for over-50s, Mon 2-4pm, Tues 2.15-4.45pm, Wed 1.30-3.30pm, 01268 465854.
- Whist - George Hurd Centre, Audley Way, Basildon, for over-50s, 10am to noon, details 01268 465854.
- Senior Citizens Club - Ghyllgrove Centre, Butneys, 1.30-3.30pm, 01268 293995.
- Pensioners stall - York Road Outdoor Market, Southend, 8am-2pm.
- Evening of clairvoyance - Room 2, Paddocks, Long Road, Canvey, doors 7.30pm, £3, all profits donated to local charities, healing available after service

- 9pm, enquiries 01268 691922.
- Healing - in Basildon from 10.30am-4pm, qualified NFSH healers, no charge, all donations to local hospice, call 07956 353564 for an appointment.
- Development Healing Circle - Face Salon, Burdett Avenue, Westcliff, an understanding of spiritual healing and prayer, 8-9.30pm, details 07879 004744.
- Fitness Walking - from Leigh Tennis Club, Highlands Boulevard, Leigh, 7.15-8.15pm, details 01702 715509.
- Scrabble Club - Wesley Church Hall, Elm Road, Leigh Broadway, (opp police station), beginners welcome, no partner needed, 7.10pm, £3 inc tea/coffee, just turn up or call 01268 727915.
- Parent and Toddler Messy Play Group - Buttercup Club, St Michael's and All Angels Church, Sir Walter Raleigh Drive, Rayleigh, 9.30am and 11am. 01702 712150.

#### Tuesday, April 21

- Anchor Folk Club - Brooke Williams, 7-9, Northview Drive, Westcliff, 8pm, £8, 01702 715111.
- Counselling service - The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, [enquiries@olivetreecentre.org.uk](mailto:enquiries@olivetreecentre.org.uk).
- Yoga Class - Thorpedene Community Centre, Delaware Road, Shoeburyness, 7-8.30pm, 6e beginners welcome, Please bring a blanket and your yoga mat, from 16 plus. 07961 314983.
- Social Dance Class - with instruction, in ballroom, Latin American and sequence, 8.30-10.30, Ashingdon & East Hawkwell Memorial Hall. 01702 546219/542349.
- Table Tennis - 7.30-10.30pm. The Megacentre, 7 Brook Road, Rayleigh, £3.60 per session.
- Weekly Craft Group - Oasis Coffee House, 189 Leigh Road, Leigh, 2.30-4pm. No charge or booking required. Emma 01702 471873.
- Willows Park Short Mat Bowls Club require new or experienced players - James Hornsby School, Laindon weekly. First session free call or text Alan 07952 043456.
- Social Dance - 1.45pm, St Cedd's Church, Bridgewater Drive, Westcliff. Ballroom, sequence, Latin, 01702 618771.
- Evening of clairvoyance - St Cecilia's Christian Spiritualist Church, 9 Lord Roberts Avenue, Leigh, 7.15pm, £2, enquiries Anne 01702 556470.
- Folk Music - The Hoy at Anchor Folk Club, Royal British Legion, 7/9 Northview Drive, Westcliff, Steve Tilston, 8pm. 01702 715111.

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# what's on

■ Tea Dance – Ashington Memorial Hall, Ashington Road, Rochford, ballroom, Latin and sequence, 2-4pm. 01702 584575.  
■ Scrabble Club – Hockley Social Centre (rear of library) 8.30-10pm, first two visits free, 01702 205910.  
■ Ladies Fellowship – Salvation Army in Hadleigh, 7.30pm, 50p per week or annual subscription, just come along or call 01702 551470.  
■ The Puffers Club, Exercise Class for people with breathing difficulties run by people with breathing difficulties, Ambleside Sports and Social Club, Ambleside Drive, Southend, 12.45-2.30pm. 01702 610050/466827.  
■ Pathfinders Blind and Partially Sighted Group – Fryers Baptist Church, Whitmore Way, 9.30am-2pm.  
■ Evening of clairvoyance – St Cecilia's Church, 9 Lord Roberts Avenue, Leigh, every Tuesday 7.15pm, £2 enquiries Anne 01702 556470.  
■ The George Hurd Centre, Audley Way, Basildon, for the over-50s, yoga: 10-11am, sit down yoga: 11.10-12.10, keep fit: 12-1pm, line dancing: 1.20-2.20pm, Chess: 1.30-3.30pm, Craft: 1.30-3.30pm. 01268 465854.  
■ Singles Social Group – The Mews, Nelson Mews off Clarence Road car park, Southend, age 50-plus, 8pm. 07970 432994.  
■ Singles Friendship Club for 50-plus – South Benfleet Social Club, 8.15pm, details Maureen 01268 692998.  
■ New and nearly new stall – outside St Martin's Church, Town Centre, Basildon, (if wet in church foyer), 10am-noon.  
■ Table Top Sale – Outpatients Foyer, Southend Hospital, 9.30am-3pm, Breathe Easy Southend, helping support people with lung problems. 01702 258661.  
■ Carpet Bowls – Eastwood Community Centre, top of Morrisons car park, 1.45-3.45pm, no experience necessary, £2 per session, joining fee £5, first session free.  
■ Bingo and Hoi – Wick Community Centre, Wickford, 1.30-4pm, details John Clarke 01268 557575.  
■ Top Cats Social Club, (Southend Mencap) – Castle View School, Meppel Avenue, Canvey, 7-9.45pm, for adults with learning disabilities, aged 25-plus, £2 per session, details 01702 341250.  
■ Tuesday Luncheon Club – Inter-Church Caring for the Elderly and Disabled, Avenue Baptist Church Hall, Milton Road, Westcliff, for people living alone or with their carers, details 01702 478691/525141/340617.  
■ Little Lunchers Activity Club – St Michael's Church, Rayleigh, 11.45am-1.15pm.  
■ Vange Tots – Vange Community Centre,

Vange Hill Drive, Vange, 9.30-11.30am, admission £1, snack and drinks provided for all. 01268 498642.  
■ Shoebury Flagship – Rainbow Children's Centre, Friars School, Constable Way, Shoebury, 1.30-3.30pm, health visiting team with advice and support for parents with babies and children up to five years. 01702 77656.

## Wednesday, April 22

■ Pregnancy Yoga Class – Westwood Primary School, Hadleigh, 8-9pm, £6 per session. Details Linda 01702 552260.  
■ Line dancing lessons – 12.30-2.30pm, St Margaret's Church Hall, Lime Avenue, Leigh-on-Sea, SS9 3PA. 07948 108195.  
■ Counselling Service – The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@olivetreecentre.org.uk.  
■ The Concord Ladies Club of Rayleigh – 1.30-3.00pm. Caley Hall, Crown Hill, Rayleigh, 01268 743240.  
■ Leigh Singles Social Club – 45-65s, Bellini's, London Road, Leigh. www.leighsingles.co.uk for details.  
■ Activity Session for children with special needs, aged five to 18, The Megacentre, 7 Brook Road, Rayleigh. Donation of £1 per session, siblings welcome.  
■ Graham's Social Tea Dance – Richmond Hall, Richmond Avenue, Benfleet. Ballroom, Latin and sequence dances for all abilities. 2-4.25pm, free car park, strictly over-18s, £4 per person. 01268 752473.  
■ George Hurd Centre, Audley Way, Basildon, for the over-50s. Keep fit: 10-11am, sit down keep fit: 10-11am, salsa/ballroom: 11.30am-12.30pm, sequence dance: 12.30-1.15pm, art: 1.30-3.30pm, indoor bowls: 1.30-3.30pm, £2, 01268 465854.  
■ Barn Dance – Grand Ceilidh Club, Royal Naval Association, East Street, Southend, live music, 8.30pm. 01702 553622.  
■ Indoor Carpet Bowls, St Edmunds Hall, Partille Avenue, Southend, 2-4pm, details Olive 01702 625069.  
■ Played Bowls Before? Come and try it at FS&S Club, Gardeners Close, Basildon, all-weather green, free coaching given, call Chris 01268 419831.  
■ Breathing Exercise Group – run by Breathe Easy Basildon, Steeple View Memorial Hall, 1-2.30pm, if you have COPD or recently finished pulmonary rehabilitation call Honore 01268 574390.  
■ Social afternoon of ballroom and Latin dancing – Mill Hall, Rayleigh, 1.45-4.15pm, with Pat and Bob. 01702 544112.  
■ Health Walk – Canvey Sea Wall,

10.30am, meet Labworth car park, Canvey Island, details 01702 318121.  
■ Alanon, International/Worldwide Support Group – for families, friends of alcoholics and other addicts, 1 Sutton Road, All Saints Church, Southchurch, Southend, 7.30pm, (non-denominational).  
■ Pulse Drum Club – St David's Church Hall, Rayleigh Road, Eastwood, 3.45pm-4.45pm, £3 per session. 01702 540111.  
■ Over-50s session – Megacentre Rayleigh, 7 Brook Road, Rayleigh. Badminton and short mat bowls 2-4pm, £3.50 inc refreshments and use of equipment. 01268 773100.  
■ Activity sessions – The Megacentre, 7 Brook Road, Rayleigh, for children with special needs, aged five to 18, free entry, siblings welcome, details 01268 779100.  
■ Palace Writers Group – 7.30pm, alternating venues with the Palace and Cliff's Pavilion, open mic events and public readings, details Emily 01702 390472.  
■ Roche Art Group – St Teresa's Church Hall, behind the church, 109 Ashington Road, Rochford, 7.30-9.30pm, visitors welcome, details Gill 01702 421737.  
■ Advanced Computer Course – Pitsea Day Centre, over-50s, Northlands Pavement, Pitsea, 9.30-11.30am. 01268 465432.  
■ Duplicate Bridge – Highlands Methodist Church, Olive Avenue, Leigh, 7.30pm, details Hilary 01702 712501.  
■ Parent and Toddler Messy Play Group – Buttercup Club, Leigh Community Centre, Elm Road, Leigh, 9.30am and 11am, 01702 712150.  
■ Brentwood Buddies – new social club for ages 40-60, The Essex Arms, Warley Hill, Brentwood, 8pm. Contact Julie 07969071392 text or phone before turning up.

## Thursday, April 23

■ Carol's Jazz Crew – The Park View, Chalkwell Park, Westcliff-on-Sea, 01702 483900, 8-10.30pm Entry £5.  
■ Counselling service – The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@olivetreecentre.org.uk.  
■ Thundersley Gardening Association – 7.45pm, Swans Green Hall, Hart Road, Thundersley, please bring exhibits, £3.  
■ George Hurd Centre, Audley Way, Basildon, for the over-50s. Line Dancing: 1-2pm, computer £3: 1-3.30pm, indoor bowls: 2.15-4.15pm, bridge 9.30am-12.30pm, ceramics, 1.30-3pm. £2, 01268 465854.  
■ Health Walk – Hockley Woods, 10.45am, car parking in Hockley Woods car park, details 01702 318121.

## Friday, April 24

■ Counselling service – The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@olivetreecentre.org.uk.  
■ Overeaters Anonymous Basildon Group, 8pm, Nevenden Community Hall, St Peter's Church, Church Lane, Basildon, SS13 1BZ. Colin, 07446 080054.  
■ Watercolour Class – 10.15am-12.15pm, Leigh Sailing Club, Old Leigh, Beginners, improvers with Leigh Greetings Card artist Teresa Norfolk. 01702 307173.  
■ George Hurd Centre, Audley Way, Basildon for the over-50s, beginners tai chi: 10am-noon, darts: 2-4pm, marquetry: 10-noon, art: 12.30-2.30pm, snooker and bingo every day. £2, 01268 465854.

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## THEATRE TRIPS

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27th May - **GYPSY** - £52  
16th June - **LION KING** - £60  
16th June - **BEAUTIFUL** - £59  
16th July - **BILLY ELLIOT** - £49  
16th July - **WICKED** - £52  
5th August - **MEMPHIS** - £48  
22nd Sept - **MISS SAIGON** - £70  
14th Oct - **MAMMA MIA** - £59  
5th Nov - **JOHN RUTTERS 70th Birthday at St Paul's Cathedral** - £55  
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## eating out

Advertisement feature

# Relaxed traditional pub has it all

**A** TRADITIONAL pub and restaurant has it all, from the very best in English cuisine with a hint of Mediterranean and Asian influences to an excellent selection of ales, lagers and wine.

The Bell & Chimes Restaurant, on Rettendon Common, has a warm, relaxed atmosphere making it the ideal venue for everyone from those looking for fine dining to others searching for a quality pub meal.

Throughout the year you can enjoy a drink and a bite to eat in The Bell's comfortable bar – open all day, every day – or a delicious meal in its 50-seater Chimes Restaurant, which is open every evening and for Sunday lunch.

Its mid-week menu, offering a choice of two courses for £10.95 or three courses for just £11.95, is packed with a range of choices, from whitebait and Italian pasta to smoked mackerel and soup of the day to start, followed by a fantastic range of main dishes such as homemade pie of the day, homecooked ham with eggs, pan-fried liver and bacon, baked seafood and homemade lasagne. If you have room for more then there are a delicious sweets to enjoy from the trolley.

An a la carte menu is served in the restaurant on Saturday evenings which also has extensive choice including venison pate, Scottish smoked salmon, garlic mushrooms, and rosemary and garlic brie for starters, and succulent roast, pork tenderloin, lamb shank, chicken Portobello – succulent chicken breast smothered with Madeira and mushroom sauce – as well as grill and fish dishes for mains. All of this is complemented by a wide range of side orders and desserts including sweets from the trolley.

More choice is available on Sunday as staff serve a snack menu in the bar area and a comprehensive blackboard, which always includes a choice of four roasts, the famous homemade pie of the day and fresh fish, and other dishes.



Its Sunday lunch menu costs £8.95 for a main meal, £10.75 for two courses and £12.25 for three courses. There is also a comprehensive bar menu offering a range of favourites from prawn cocktail, potato wedges and rack of ribs, to burger meals, scampi and ploughman's.

The Chimes Restaurant can also be hired for private functions, whether you want to enjoy a sit-down meal for up to 50 people, or a buffet-style celebration for up to 100. During the summer you can enjoy al fresco dining at the front of the premises, and every Thursday evening from 9pm there is a quiz night in the bar area.

It is also the place to celebrate special occasions, including Father's Day, for which it is now taking bookings.

With so much to offer, including free wi-fi, it is clear why so many people make The Bell & Chimes their first choice, whether they are looking for a quick lunch, a bite to eat after work, the perfect location for a social gathering or celebration, or the venue for a business lunch.

For further information, or to make a reservation, call The Bell & Chimes Restaurant on 01245 400616 or visit [www.bellandchimesrettendon.co.uk](http://www.bellandchimesrettendon.co.uk).

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Advertisement feature

eating out

# Perfect recipe for a great night out

**T**HERE are two things that will strike you as soon as you walk into Ruchi Indian restaurant in Southend – its beautiful surroundings and its mouth-watering aromas.

But these are only two of the ingredients that made up the perfect recipe for an evening out, in comfortable surroundings and great company.

Service is second to none in the restaurant at 708-710 Southchurch Road and from the moment you arrive staff are only too happy to cater for your every whim.

The extensive menu includes tandoori cuisine, korma, bhuna, dupi-aza, rogan, Persian, jalfrezi and biryani dishes, as well as mild, medium and hot curries, and vegetarian and English options. This is all alongside a vast range of starters, rice and sundries, and a specially chosen selection of specialities such as capci chicken, palak murg, dhai gosh and roshun lamb.

While for many people it becomes a habit to order the usual when taking a seat in an Indian restaurant, make sure you do not make this mistake at Ruchi.

Even regulars ask advice on sampling something different and the owner is only too happy to share his knowledge of the food and all of its ingredients.

As well as its extensive, delicious menu, Ruchi has a range of offers available including a new buffet for 2015, now with more than 25 dishes to enjoy.

The buffet, served from noon to 3pm and from 6-10pm on Sundays, and from 5.30-10pm on Mondays and Tuesdays, is a fantastic way of eating as much as you like for just £7.50 for adults and £4.50 for children.



As well as offering outstanding cuisine and offers, Ruchi is also the perfect place to celebrate a range of occasions including Father's Day on Sunday, June 21, for which it is now taking bookings.

Ruchi Indian Restaurant is open from noon to 2pm and from 5.30-11pm from Monday to

Thursday; from noon to 2pm and from 5.30pm to midnight on Friday and Saturday; and from noon to 3pm, and 5.30-11pm on Sunday.

It also offers a full takeaway service, seven days a week, from 5.30-10pm. For further information, or to make a reservation, call 01702 611020 or visit [www.ruchi.co.uk](http://www.ruchi.co.uk).

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# eating out

Advertisement feature

## Style and comfort at The Lodge

THE Lodge Country Inn offers something for everyone, whether you are looking for a venue for a special occasion or a place to enjoy a meal with all the family.

With a large marquee, a glass house restaurant serving a tasteful a la carte menu, an affordable bar menu packed with more than 100 different meals, recently refurbished hotel rooms from just £39.95 including full English breakfast, and a traditional bar area, the venue really does have a little something for everyone.

Its fully licensed bar has an extensive drinks menu, comprising a wide array of wines served by the glass, real ales, and bottled and draught beers, while its large 120-seater Glasshouse Restaurant has an appetising new menu offering a range of dishes to suit all tastes and requirements including a two-course special for £10.95 and three courses for £12.95.

The Lodge's a la carte menu is also available in the stylish conservatory offering you a spacious and comfortable environment to try the five-star food and enjoy a wide selection of wine served by the glass.

The conservatory can be booked for special occasions and set menus arranged to suit a variety of budgets.

The friendly, family-run business situated in the heart of Essex also has a large garden with an extensive seating area, bouncy castles and a children's play area.

If you want to keep the children amused while going out and visiting family and friends for an enjoyable meal or drink this spring and summer, then look no further than The Lodge.

Its stylish marquee, situated within idyllic country surroundings, is the perfect place for a range of special occasions for 60-200 guests, complete with a late licence until midnight.

What's more, as it can also hold civil ceremonies, it is the perfect place for your big day so why not call for further information.



A delicious buffet can be supplied, as well as The Lodge's very own DJ, friendly waitresses and bar staff, and experienced wedding planners are on hand to guide and help you arrange the wedding you have always dreamed of right down to your individual budget.

Take a look for yourself during The Lodge's Wedding Fayre which will take place in the marquee from 10am to 4pm on Saturday and Sunday, April 25 and 26. The event, which is free to enter, will be joined by a wide range of exhibitors from photographers and toastmasters to hairdressers and entertainers.

The Lodge also offers a packed programme of tribute nights, family fun days and other events this year, so keep an eye out on its website so you don't miss out on all the fun.

This is all on top of great weekly family enter-

tainment, from karaoke nights on Sunday and Hugh Rainey's Jazz band every Tuesday, to music quiz nights every other Wednesday with the next taking place on April 29.

There is also live Friday bands with free admission and up-and-coming appearances include Mr Spankey and the Hipthrusters on April 24, Frog on a Rocket on May 8, Larry and the Streamers on May 22, The Nook on June 12, Beagles on June 26, new to The Lodge The HalfBeats on July 17 and Chinawhite on July 31.

What's more, check out The Lodge's new Loyalty Cards and benefit from discounts and special offers.

There is definitely something for everyone to enjoy at The Lodge so find out more by calling friendly and its helpful staff on 01245 320060 or visiting [www.lodge-inn.net](http://www.lodge-inn.net).

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## Chef's Indian Recommendations

### MASALA

Creamy masala, a sweet sauce with almonds cooked with chefs' special recipe. Tikka masala has been found to be the most popular dish in British Bangladeshi restaurants and it has been named "a true British national dish."

### PASSANDA

Cooked in yoghurt, cream, ground almonds and fragrant spices.

### KARAH

Chunky peppers, onions, tomatoes and coriander, cooked in the traditional karahi wok.

### JALFREZI

Cooked with green chillis, capsicum, onions and freshly ground herbs and spices.

### CHILLI

Tikka pieces cooked with green chillies in a thick Bengali style sauce.

Chicken, Lamb or Veg

### ATCHAARI

A strong pickle curry dish with a zesty tangy flavour.

### BALTI

Rich sauce made from balti paste. Consisting of blended herbs and spices.

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### DUCK REZALA £8.95

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### TIKKA BAHAR £8.95

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## Chef's Goan Recommendations

### XASCUTI £8.95

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### GOAN DALSAAG £6.95

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# Drivetime

## A Panda to mix it off the beaten track

By Peter Keenan

THE Panda Cross may sound like an animal you don't want to mess with – but Fiat make this bulked up bear a pleasure to spend some time with.

Based on the existing Panda 4x4, the Cross is aimed at the small sport utility vehicle sector and those looking for individuality.

They will not be disappointed as an in-your-face new bumper and a silver-finished skidplate with two red tow hooks greet you at the front end.

The headlights are framed with matte black surrounds and the fog lights should really be called frog lights as they look like the eyes of our amphibious friends. There are also LED daytime running lights situated out of harm's way in special recesses.

Natty silver roof bars and side strips with the Cross log, plus a chrome exhaust pipe complete the job of making this car stand out from the crowd.

The aggressive exterior leaves no doubt that Fiat has equipped this motor for life off-road with a raised ride height aided by protection fitted to the underside and side of the car and some good-looking 15-inch alloys which come with all-season mud and snow tyres.

There's also all-wheel drive and an all-terrain selector switch with three modes – Auto, Off-road and Hill Descent Control.

When driven in normal on-road conditions in Auto, 98 per cent of the power goes to



OFF-ROADER: Fiat Panda Cross 0.9 TwinAir

the front wheels, but the system automatically switches to 4x4 if there is a major loss of grip. Off-road switches to permanent all-wheel drive while Hill Descent automatically slows the Cross to a crawl on steep drops.

In terms of normal family use it makes the Cross ideal for coping easily with muddy fields next to school football matches or getting across camp sites in the rain – although most owners will be unlikely to put its mud-plugging credentials to the test.

Step inside the car and Fiat has similarly created something worth looking at with nice touches like a copper-coloured dashboard and silver surrounds on the instrument panels.

Lots of goodies are included such as an enthusiastic automatic climate control, Bluetooth connectivity, a radio/CD system with MP3 player linked to six speakers and a leather steering wheel containing controls to operate the stereo and your mobile phone.

There are also powered and heated door mirrors plus a tyre pressure monitoring system.

Optional extras include rear parking sensors and a winter pack featuring a heated windscreen and heated front seats.

It is relatively easy to get a comfortable driving position, thanks to height adjustable steering wheel and seat.

Safety features are extensive with a host of

electronic aids designed to help keep you out of harm and airbags if the worst happens – although side airbags are a £200 option.

Power is provided by two engines – a 1.3-litre MultiJet diesel turbo and the 0.9-litre 90bhp TwinAir petrol turbo under the bonnet of the car I drove. The two-cylinder petrol version is linked to a reasonably slick six-speed automatic transmission which translates to on-road performance that is nippy despite the pedestrian-sounding 0-62mph time of 12 seconds. It is also reasonably economical to run.

The steering is light but informative while, barring a touch of roll when pushed hard in corners, it handles efficiently. So if you want a good looking small SUV with the capability of mixing it off the beaten track, then the Panda Cross is one for the shortlist.

### FAST FACTS

**Price:** £15,945

**Mechanical:** 90bhp, 875cc, two-cylinder petrol engine driving all wheels via a six-speed manual gearbox

**Max speed:** 104mph

**0-62mph:** 12 seconds

**Combined mpg:** 57.6

**Insurance group:** 7

**CO2 emissions:** 114g/km

**BiK rating:** 17%

**Warranty:** Three years/100,000 miles

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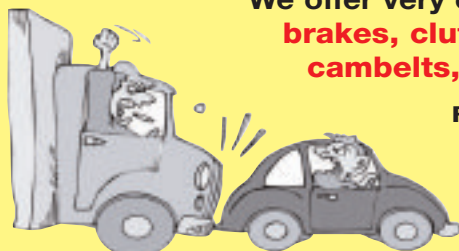
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## Motoring News



**Finns  
fly with  
tractors  
on ice**

**Record: The Valtra T234  
tractor with Nokian winter  
tyres reached 80.88mph**

**By Chris Russon**

A NEW world speed record for driving a tractor on ice has been set by rally driver Juha Kankkunen who clocked up more than 80mph in a seven-ton Valtra tractor shod with Nokian winter tyres.

The rally ace managed to record an official 80.88mph (130.165km/h) on a special track at an airfield near Rovaniemi in Finland.

The Valtra T234 tractor used in the record breaking run was fitted with Nokian Hakkapeliitta TRI tyres – the first winter tyre developed specifically for tractors.

"I have done top speed tests earlier with several cars," said Kankkunen. "This was the first time with a tractor, and we immediately got a world record. The tyres and tractor worked really well, even though the weather was challenging."

Nokian, which is based in the city of Nokia in Finland, lays claim to having created the first winter tyre for cars back in 1936 and it introduced its ultra-grippy tread pattern for use on tractor tyres more than 10 years ago.

Tero Saari, the project manager in charge of research and development for Nokian Tyres, said: "Testing at the extremes is at the core of activities and it requires unique skill."

"We wanted to show the true performance of the new Nokian Hakkapeliitta TRI. It is quite a remarkable sight when you see a 7.7-ton machine flying past at more than 130 km/h with a quadruple World Rally Champion behind the wheel. When a tractor is driven that fast on a winter road, it requires great grip, stability and handling properties."

In 2013 Nokian achieved a world record for the fastest car on ice when test driver Janne Laitinen drove at a speed of 208.602mph (335.713km/h) in an Audi RS6 on the ice of the Gulf of Bothnia.

The Guinness World Records organisation defines specific rules for the world record for fastest tractor. The time for the tractor to travel through the 50-metre speed trap is measured in both directions.

The world record is an average of these two measurements and on its record breaking run the tractor took a flying start.



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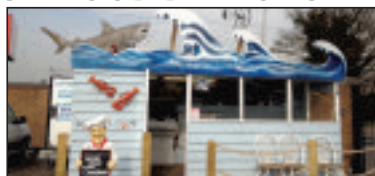
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## Gardening (Home Serv)

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**BUSTY** Caribbean lady who loves music, dance and singing, looking for nice older guy for mutual adult no strings fun times. Tel No: 0906 500 6358 Box No: 410305

**JANE** pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 6358 Box No: 410579

**SUE** optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 6358 Box No: 410467

**DEBBIE** slim employed single mum with OHAC, loves holidays, travel, nice meals out, WLTm mature male who can make me laugh to enjoy good times together. Tel No: 0906 500 6358 Box No: 410767

**JO** 33yr old single mum of two looking to meet someone nice who can make me laugh and smile again, if you are seeking similar pls get in touch. Tel No: 0906 500 6358 Box No: 409737

**MANDY** 18, very pretty, slim/athletic body, enjoys clubbing, drinks out, seeking older male 30plus for uncomplicated adult fun. Status unimportant. Tel No: 0906 500 6358 Box No: 409261

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**KATH** blonde independent female, employed with OHAC looking for fun and laughter with likeminded nice easy going male, any age. Tel No: 0906 500 6358 Box No: 407955

**SUE** independent confident female who knows exactly what she wants, fit, intelligent, loves the Arts, seeks sensitive, interesting soul mate. Tel No: 0906 500 6358 Box No: 409415

**SUSAN** attractive single female looking for really nice guy for cosy nights in and fun nights out. Go on give me a call and let's go out or have a chat. Tel No: 0906 500 6358 Box No: 409411

**CLARE** 31yr old single female, green eyes, dark hair, looking for fun, friendship and hopefully a ltr with loving male. No time wasters pls. Tel No: 0906 500 6358 Box No: 409257

**SARAH** 36, attractive with long blonde hair and green eyes, independent, employed with OHAC, WLTm similar articulate, interesting guy in uniform for nights in/out. Tel No: 0906 500 6358 Box No: 408495

**MID** naughty forties female looking fun, thrills and discreet meets, give me a call, you won't be disappointed. Any age with own accommodation. Tel No: 0906 500 6358 Box No: 409109

**ANITA** very attractive black female, seeking mature white/Asian man to enjoy uncomplicated relationship with no ties. Any age, pls contact me, I'm very lonely. Tel No: 0906 500 6358 Box No: 408505

**LINDA** mature female bored of being single, blonde, attractive, green eyes, looking for good times with fun outgoing male with a spring in his step. Tel No: 0906 500 6358 Box No: 409253

**36YR** old slim blonde female, genuine, caring and honest looking for similar descent guy for fun times, hopefully leading to more. Tel No: 0906 500 6358 Box No: 409247

**SUE** young looking slim attractive blue eyed 37yr old female with wicked sense of humour looking for fun times, if you feel the same call me. Tel No: 0906 500 6358 Box No: 409099



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## CORR BLIMEY!

Play-off hopes bolstered as Blues keep another clean sheet

### Southend United

**Southend United 1  
Tranmere Rovers 0**

**Brian Jeeves reporting from  
Roots Hall Stadium**

MARKSMAN Barry Corr grabbed his 15th goal of the season to earn Southend United a priceless victory over struggling Tranmere Rovers at Roots Hall.

Following a maximum haul of six points from tricky Easter fixtures with Mansfield Town and Hartlepool United, Blues fans arrived at Roots Hall believing automatic promotion was within their grasp – particularly as both Wycombe Wanderers and Bury had uncharacteristically slipped over the bank holiday period.

But despite the gulf in league positions it was Tranmere who started the brighter and had the first real sight of goal.

Record-chasing keeper Daniel Bentley needed one more clean sheet to equal Mervyn Cawston's record of 10 shutouts during the 1980/81 season, and he had early work to do, palming away Max Powers's awkward dead-ball effort.

Soon after, the visitors went even closer. Former Colchester United striker Kayode Odejayi fired into Bentley's midriff after finding some room behind a static home rear-guard. And Rovers continued to ask the sterner questions. Cole Stockton headed just over after Danny Holmes's pinpoint centre.

It wasn't until the half-hour mark that Southend ruffled Rovers' feathers. Nottingham Forest loanee Stephen McLaughlin's deep centre eluded keeper Owain Fon-Williams, but was scrambled away before Blues could capitalise on the chance.

But the home side weren't yet functioning. Bentley was forced into another save, this time denying Holmes low to his left.

But shaky Blues weathered the Rovers storm, and against the run of play grabbed the lead. Leading scorer Corr reacted quickest, expertly turning in Will Atkinson's



**ONE IS ENOUGH:** Barry Corr scores the only goal of the game

corner at the near post for his 15th goal of the campaign.

After the break Blues were first to threaten. Fon-Williams did well to tip Jake Cassidy's thundering effort over, then Josh Thompson saved Rovers, clearing off the line after Atkinson had nodded Michael Timlin's centre goalwards.

Evergreen defender Adam Barrett was next to trouble the visitors, heading Atkinson's corner just past an upright, while referee Graham Horwood denied Blues what appeared to be a stonewall penalty when Atkinson was felled by Michael Ihiekwe after the Blues midfielder had wriggled clear.

At the other end, Bentley did well to turn over Jennison Myrie-Williams's dipping corner as Tranmere looked for a foothold.

In the final stages substitute Joe Pigott should have done better, firing tamely at Fon-Williams after finding some room in the box, while Blues had a mighty let-off when Gary Deegan's poor clearance rebounded off Rory Donnelly but dropped over the bar.

After the game, a delighted Phil Brown said: "Three in three and three clean sheets, it's coming right at the right time."

"A lot of people think the play-offs are secured, but not for me. With five to go we've still got plenty to play for."

"The attitude and mentality of the group is personified by one or two individuals out there, the clean sheet mentality that we've got at the moment is first class."

He continued: "I think the way we've performed today is admirable. There's a lot of teams now coming to try and frustrate by playing three centre backs and five in midfield."

"One or two have shown that they're prepared to die for the cause, put their bodies on the line, grab the shirt and keep hold of it."

On record-equalling keeper Bentley, Brown said: "Ten clean sheets is phenomenal. Dan's a driven individual, he's motivated, and he's certainly an intelligent lad."

"It's a great year for him and the longer we can keep hold of him the better."

Midfielder Gary Deegan said: "We're not worrying about anyone else, we've got to keep racking up victories. We've got three now in a week which is massive, we've just got to keep putting the pressure on and keep going."

Blues will look to make further ground on the automatic places with Newport County's visit to Roots Hall on Tuesday, kick off 7.45pm. They then make the long trip to St James's Park to take on Exeter City on Saturday, kick-off 3pm.

**Southend United:** Daniel Bentley, John White (Capt), Ben Coker, Michael Timlin, Barry Corr (Joe Pigott), Will Atkinson, Cian Bolger, Gary Deegan, Jake Cassidy, Stephen McLaughlin (David Worrall), Adam Barrett. Subs not used: Ted Smith, Myles Weston, Kevan Hurst, Jack Payne, Jerome Binnom-Williams.

**Tranmere Rovers:** Owain Fon-Williams, Steve Jennings (Capt), Danny Holmes, Max Power (Rory Donnelly), Michael Ihiekwe, Janoi Donacien, Marc Laird, Cole Stockton (Jake Kirby), Rob Taylor, Josh Thompson (Jennison Myrie-Williams), Kayode Odejayi. Subs not used: Peter Brezovan, Liam Ridehalgh, Lee Molyneux, Chris Shuker.

**Referee:** Graham Horwood.  
**Assistants:** Ian Cooper and Ian Fissenden  
**Fourth Official:** Geoff Russell  
**Attendance:** 5,846

### Non-league round-up

## Tricky Billericay secure points

**By Brian Jeeves**

BILLERICAY Town produced an away day special on what was otherwise a difficult afternoon for the region's Ryman League clubs.

Goals from Ricky Sappleton and Rowan Liburd eased Town to a 2-0 Premier Division victory at Peacehaven & Telscombe. This was Billericay's first win in four matches and leaves the New Lodge outfit 11th in the table.

But there was little cheer elsewhere. James Stevens was on target for Grays Athletic in front of a mammoth 2,094 crowd at Maidstone United, but the Kent side ran out 2-1 winners. Better news for the Blues was the announcement from the club that funding is in place to build a new community stadium that would allow a move back to Grays.

AFC Hornchurch's difficult campaign continued at Enfield Town. Martin Tuohy and George Purcell found the net for the Urchins, but the north Londoners ran out 3-2 winners.

It was a bad day for Canvey Island who crashed to a 4-0 defeat to Hampton & Richmond Borough at the Prospects Stadium, while Witham Town went down 3-0 at Tonbridge Angels.

In Division One North, Great Wakering Rovers recovered from their shock defeat to Burnham Ramblers by overcoming Redbridge 3-1. Lewis Sparrow, Dan Trenkel and Jay Nash scored the important goals for the villagers, Gavin Cockman replied for Redbridge.

Romford saw off Thamesmead Town by the odd goal in three, while Thurrock won 2-0 at Soham Town Rangers. Tilbury went down 3-1 against Cheshunt at Chadfield, Daniel Smith with the Dockers goal. And Sammy Knott and Petrit Elbi scored for Aveyley who went down 3-2 to Ware at Mill Fields.

Brightlingsea Regent lost an entertaining encounter to Cray Wanderers 4-2. And lowly Burnham Ramblers went down 3-0 to an experienced Needham Market side who included ex-Ipswich Town's Ian Westlake and former Colchester United man Kemal Izzet in their line-up.

Barkingside slumped 2-0 at Chatham Town, and there was a 2-1 defeat for Brentwood Town at Dereham Town.

It was a far more rewarding weekend for our Vanarama Conference clubs. Premier Division Braintree Town grabbed a share of the spoils with a 1-1 draw against Aldershot Town at Miles Smith Stadium. Sam Hatton fired the Shots into a first half lead, with Dan Sparkes restoring parity for Alan Devonshire's men after the break.

In the Conference South, goals from Joe Ward, Mark Hughes and Mason Spence helped Chelmsford City to an excellent 3-1 victory at Farnborough, the home side were relegated as a result. And Concord Rangers also had success on the road. Lewis Taaffe and Taylor Miles fired the Beach Boys to a 2-0 win at Staines Town.

In the Essex Senior League, leaders Haringey Borough took another step towards the title with a 1-0 win at Newham. Barking kept up the pressure, winning by the same score at Cricklefield against Ilford, but Bowers & Pitsea lost ground after a goalless draw at Sporting Bengal United.

Clapton were the big winners, thrashing London Greenhouse 4-1, while Hullbridge won their derby with Basildon United by the odd goal in three. At Southchurch Park Arena, Southend Manor and Takeley played out a 1-1 draw.

Selected action from the ProKit UK Essex Olympian League saw Shenfield AFC win their Division One clash with Westhamians 7-0.

In Division Two, Basildon Town came out on top after an incredible encounter with Ryan FC.

The New Towner's eventually winning 6-4. And in Division Three, Catholic United thumped Stambidge by eight goals to nil at the Memorial Ground.

## Busy Beavers hit four past grounded Gulls

### Football

**Canvey Island 0**

**Hampton & Richmond Borough 4**  
**By Matthew Stanton**

CANVEY were on the end of a thumping at home to fellow strugglers Hampton & Richmond Borough at The Prospects Stadium on Saturday.

The Gulls received early warning signs on two minutes when Duncan Culley got in behind the Gulls defence on the left-hand side of the area and narrowly missed the target.

Canvey's first opportunity fell to Mike Jones on 12 minutes when he collected a loose ball following a cor-

ner, but having manoeuvred the ball onto his stronger right foot his shot went narrowly over the crossbar.

Despite the scoreline, Canvey came close to taking the lead on 34 minutes when Jack Simmons saw his shot saved by the legs of Seb Brown following a corner.

The miss proved costly as the visitors' centre back Noussa Diarra rose to head home at the front post on 36 minutes.

Canvey responded well and had two good opportunities to level in the final moments of the first half.

First George Sykes played a good through ball for Harrison Chatting, who was able to round the keeper

before seeing his shot from a tight angle hit the upright.

The score was just 1-0 at half-time but Hampton & Richmond doubled their lead on 49 minutes when Diarra scored a replica header.

The defender almost scored a hat-trick following another corner on 60 minutes but his effort flew over.

The pressure finally told on 66 minutes when a long ball forward released Charlie Moone in behind the Canvey defence. Tim Brown raced from his area but always looked as though he would struggle to get to the ball before Moone, and sure enough the Beavers' striker was able to toe the ball past Brown before slotting

into an empty net.

The defeat was well and truly confirmed on 74 minutes when a long range effort from James Federico went underneath Brown's body diving to his left and into the back of the net.

**Canvey Island:** Tim Brown, Josh Banton, Ashley Dumas, Jake Pitty (52), Mike Jones, John Easterford, Marlon Agaykwa (69), Harrison Chatting, Steven Smith (46), George Sykes, Jack Simmons. Subs: Charlie Barlow, Dan Gilchrist (69), Enoch Showunmi (52), Dan King (46), Harrison Tweddell.

**Hampton & Richmond Borough:** Seb Brown, Tom Jelley, Mark Onyemah, Moussa Diarra, Kieran Murphy, Ryan Newman, Jerome Federico (77), Dean Sinclair, Duncan Culley, Charlie Moone, Brendan Kiernan. Subs: Tom Collins, Kevan Serbony, James Richmond, George Wells (77), Jake Rose.





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Week ending Friday, April 17 2015

# Sciatica?

## Is that what's causing your pain in the butt?



**Jon Handley-Collins,  
Doctor of Chiropractic**

Sciatica "Si-at-ika" is a group of symptoms involving pain in the buttock and back of the leg, only usually on one side of the body. In addition to pain there may be any combination of pins & needles, numbness, tingling and muscle weakness in the affected leg or foot.

The true meaning of Sciatica is often misunderstood. The term is merely a group of symptoms and not a diagnosis. This means that if you have been told you have Sciatica, you still have not been given a diagnosis, as the diagnosis is being told what is causing

your Sciatica symptoms. Having a correct diagnosis is important because the treatment options for the different causes are very different.

*The main causes of Sciatica are:*

**Spinal disc herniation:** Some people call this a "slipped disc" but what actually happens is the fluid like contents of your spinal disc causes the outer layers of the disc to bulge out. If this bulge is on to a spinal nerve in your lower back, it can cause Sciatica.

**Spinal Stenosis:** this is where the hole for your spinal nerve to exit from the spinal canal closes up and puts

pressure on the affected nerve, causing Sciatica.

**Piriformis Syndrome:** The piriformis is a muscle in your buttock. The Sciatic nerve passes very closely to this muscle and in rare cases passes through the muscle. When this muscle gets tight it can irritate the Sciatic nerve, which can cause Sciatica.

To find out whether Chiropractic can help, a Chiropractor will first conduct a case history and physical exam to narrow a patient's symptoms down to find out what's causing them. This includes neurological, orthopaedic and Chiropractic examinations. If deemed

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Then there is a return visit to explain our findings, to tell you what has been found and what needs to be done to sort it out.

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**The Problem**

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